Panasonic

DIMENSION 4 *the Genius*

Microwave / Convection Oven

NN-C888W / NN-C888B

Operation Guide
&
Cook book

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Precautions to be taken when using Microwave Ovens for Heating foodstuffs

INSPECTION FOR DAMAGE

A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS

Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through the grill or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with the trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.

PRACTICAL HINTS

1. Before using CONVECTION, COMBINATION or GRILL function for the first time, wipe excessive oil off in oven cavity and operate the oven without food on CONVECTION 250°C for 20 minutes. This will allow the oil that is used for protection to be burned off.
2. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during CONVECTION, COMBINATION and GRILL. Use care when opening or closing door and when inserting or removing food and accessories.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE OVENS REGULATIONS 1982.
MATSUSHITA ELECTRIC INDUSTRIAL CO., LTD.

(This statement applicable only to New Zealand.)

We certify that this microwave oven has been inspected and complies with the safety requirements of government notice 466 of March 1981, and complies with the Radio Regulation of government notice 587 of March 1986.

(This statement only applicable to South Africa.)

WARNING

a) The door seals and door seal areas should be cleaned with a damp cloth.
The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

b) It is dangerous for anyone other than a qualified service technician trained by the manufacturer to perform repair service.

c) If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.

d) Before use, the user should check that utensils are suitable for use in microwave ovens.

e) Accessible parts may become hot when the CONVECTION/COMBINATION/GRILL is in use. Children should be kept away.

Installation and Earthing Instructions

Important Instructions

WARNING - To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

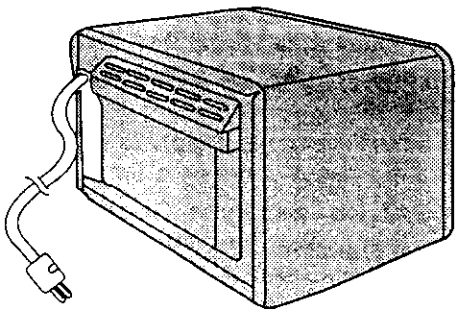
1. Read all instructions before using microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars and **sealed baby bottles with a teat**) - may explode and should not be heated in a microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. To reduce the risk of fire in the oven cavity:
   a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
   b) Remove wire twist-ties from bags before placing bag in oven.
   c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.

Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.
WARNING - Improper use of the earthing plug can result in a risk of electric shock.

Placement of Oven

1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. **Allow 30 cm of space on the top of the oven, 10 cm at back and 5 cm on both sides. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. Do not remove feet.**
   a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
   b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
   c) Do not operate oven when room humidity is too high.
2. The surfaces of top, back and left side of the oven become hot during operation. Do not allow the mains cable to come in contact with the surface of the oven.



3. This oven was manufactured for household use only.
4. This oven may be built into a wall cabinet, if desired. Trim kits may be purchased from a local Panasonic dealer. See page 97 for technical specifications.

Circuit

Your microwave oven should be operated on a separate 10 A circuit from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Fan Motor Operation

After using the oven, the fan may rotate to cool the electric components. This is perfectly normal, and you can take out the food from the oven while the fan operates.

General Instructions

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
2. If smoke is observed, press STOP/RESET pad and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in the oven. They may catch on fire.
4. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike control panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to Glass Tray. The tray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on Glass Tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **Do NOT** use this oven to heat chemicals or other non-food products. **Do NOT** clean this oven with any product that is labeled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell and whole hard - boiled eggs. (unless otherwise stated in recipes.) Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the cookbook section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your oven. NEVER leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, check the oven frequently due to the possibility of ignition.
11. Take care when heating food in foil trays. Trays should be no deeper than 2 cm and should not touch the sides of the oven walls. If you are unsure of the heating time, do not leave the oven unattended.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB.

Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.
When the microwaves come in contact with a substance, any one or a combination of three things may occur. They can be:
1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection

Metal substances REFLECT microwave energy because there is no absorption and there is no heating. This is why the oven interior is either stainless steel or paint-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission

Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by vibration, produces heat energy which is conducted throughout the food.

Cookware and Utensil Guide

It is important to use correct containers when cooking in a microwave oven. The following will help you to make the right selection.

How to Test a Container for Safe Microwave Oven Use
Fill a 1-cup glass measure with water and place it in the microwave oven along with the container to be tested; heat one minute on HIGH. If the container is microwave oven safe, it should remain comfortably cool and the water should be hot. If the container becomes very hot, it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers.

Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food by Convection, Combination and Grill. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towels, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting a microwave dish test.

Several types of glassware and dinnerware are not recommended for use in the Microwave Oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Cookware and Utensil Guide

Plastics

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and scorch.
The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking time. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on HIGH power. These dishes, although not suitable for extended cooking, may be successfully used for defrosting or for use on lower power levels.
Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturers' directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).
DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.
Plastic Wrap such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers" as well as any glass lid be careful to remove it away from you to avoid steam burns.
Loosen plastic but let dish stand covered.

Browning Dishes

Browning dishes are used to sear chops, meat patties, steaks etc. A special coating on the bottom of the dish absorbs the microwave energy and becomes very hot. When foods are added to the dish, the result is a seared effect. Preheat the dish according to the manufacturers' directions. Add food to be seared and heat according to recipe or personal preference. Use pot holders to remove the dish from Microwave Oven. Do not use the browning dish on or in a conventional stove.
Remember:
Food can be covered with a loose sheet of absorbent towel to prevent splattering.
Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.
NOTE: Browning dishes are no longer available. This information is supplied to assist people who already own a browning dish.

Metal

Metal cookware or utensils, and those with metallic trim, should NOT be used on microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also the possibility of "arcing".
Although metal utensils must be avoided in microwave cooking, some metal can be helpful when used correctly.
Aluminium foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to cover areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven; otherwise arcing may occur.
Foil lined containers, either cardboard or plastic, should NOT be used in the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used on Microwave or Combination.
Frozen dinner trays can be used on Microwave if the container is no deeper than 2 cm and is filled with food. They may be used on Convection.
Metal skewers can not be used on Microwave as arcing may occur. Wooden skewers are readily available and give the same result.

Shells: Scalloped baking shells are best used during reheating and for short period of cooking time only.
Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven or on Combination.

Jars and Bottles

Jars and Bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

Straw, Wicker, and Wood

Straw and wicker baskets may be used in the microwave oven for a short period of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

Cookware and Utensil Chart

	Microwave	Grill	Convection	Combination
Aluminium foil	for shielding	yes	yes	for shielding
Browning dish	yes	no	no	no
Brown paper bags	no	no	no	no
Dinnerware oven/microwave safe non-oven, microwave safe	 yes yes	 yes no	 yes no	 yes no
Disposable polyester paperboard dishes	yes*	no	yes*(up to 220°C)	yes*(up to 220°C)
Glassware oven glassware & ceramic non heat resistant	 yes no	 yes no	 yes no	 yes no
Metal cookware	no	yes	yes	yes**
Metal twist-ties	no	yes	yes	no
Oven cooking bag	yes	no	yes*	yes
Paper towels and napkins	yea	no	no	no
Plastic defrosting rack	yes	no	no	no
Plastic dishes microwave safe non microwave safe	 yes no	 no no	 * no	 * no
Plastic wrap	yes	no	no	no
Straw, wicker, wood	yes	no	no	no
Thermometers microwave safe conventional	 yes no	 no yes	 no yes	 no no
Waxed paper	yes	no	no	no

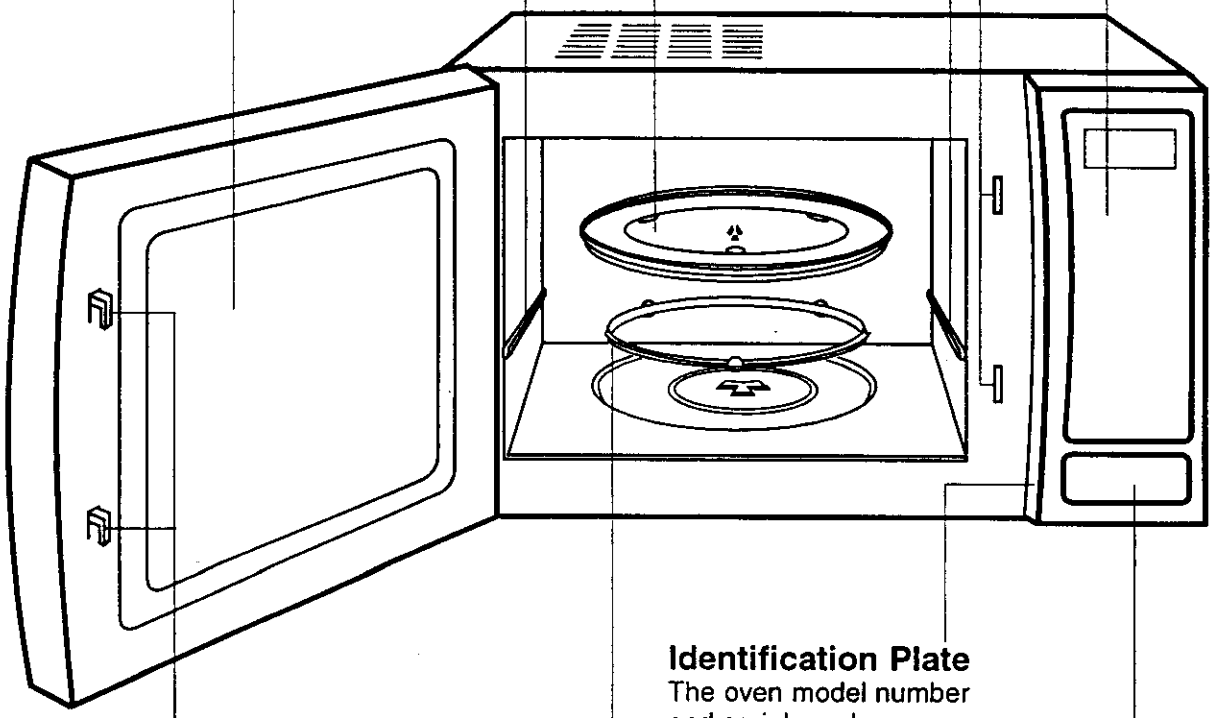
* Check manufacturers' recommendation, must withstand heat.
** Follow recipe instructions.

NOTE: See page 10 for accessories included.

Feature Diagram

Glass Tray

1. Do not operate the oven without Roller Ring and Glass Tray in place.
2. Only use Glass Tray specifically designed for this oven. Do not substitute any other Glass Tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Tray unless otherwise indicated. Always place food in a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensils on Glass Tray touches the oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
6. Glass Tray can rotate in either direction.



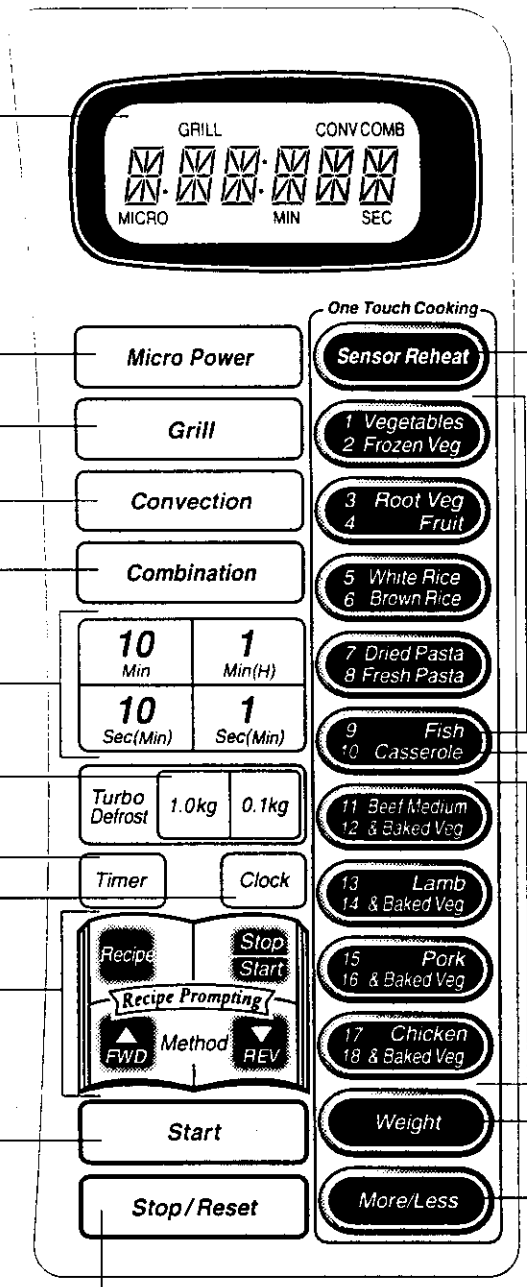
Identification Plate
The oven model number and serial number are recorded here.

Roller Ring
1. Roller Ring and oven floor should be cleaned frequently to prevent from excessive noise.
2. Roller Ring must always be used together with Glass Tray for cooking.

Door Release Button
Press to open the door.
Opening the door during cooking will stop the cooking process without cancelling the programme. Cooking resumes as soon as the door is closed and Start Pad is pressed. The oven light will stay on or turn on whenever the door is opened. It is quite safe to open the door at any time during a cooking program and there is no risk of microwave exposure.

Door Safety Lock System

Feature Diagram - Control Panel



Word Prompting Display

Micro Power pad (☛ page 14)

Grill pad (☛ page 16)

Convection pad (☛ page 17)

Combination pad (☛ page 18)

Time pads

Turbo Defrost pads (☛ page 24)

Timer pad (☛ page 27)

Clock pad (☛ page 13)

Recipe Prompting pads (☛ page 26)

Start pad
One tap allows oven to begin functioning. If door is opened or STOP/RESET pad is tapped once during oven operation, START pad must again be pressed to restart oven.

Sensor Reheat pad (☛ page 20)

Sensor Cook by Microwave (☛ page 20)

Sensor Cook by Combination (☛ page 20)

Weight Cook by Combination (☛ page 22)

Weight pad

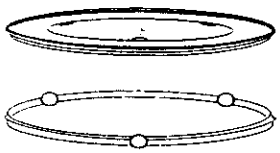
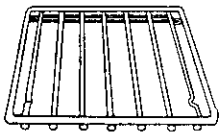
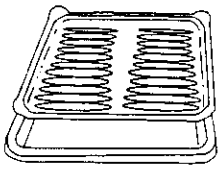
More/Less pad (☛ page 20)

Stop/Reset pad
Before cooking: One tap clears your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in display window.

Prompters:

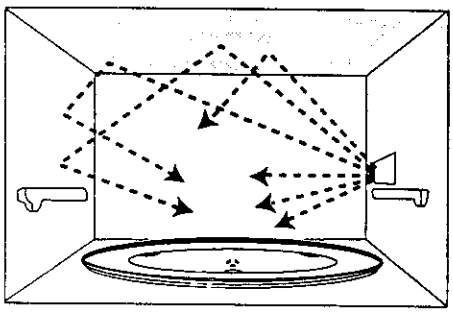
When a pad is pressed, a beep sound is heard and the corresponding letter or word(s) appear and roll across the screen. If a pad is pressed and no beep is heard, the unit does not or cannot accept the instruction. As each pad is pressed the corresponding word(s) roll across the screen. Words will automatically appear to prompt user to perform the next step. It is not necessary to wait for the words to appear before pressing pads for the next step. A two beep sound is heard between stages. At the end of any complete program, the oven will beep five times.

Oven Accessories

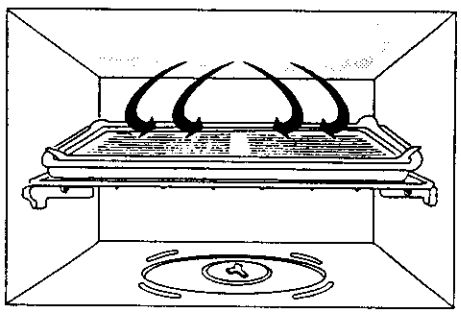
	Glass Tray with Roller Ring 	Oven Rack 	Spatter Shield & Oven Pan 
Microwave	yes	no	no
Grill	no	yes	yes
Convection	no	yes	no
Combination	yes	no	no

Cooking Modes: Heating Source

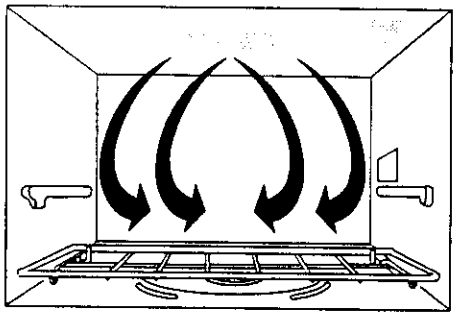
Microwave



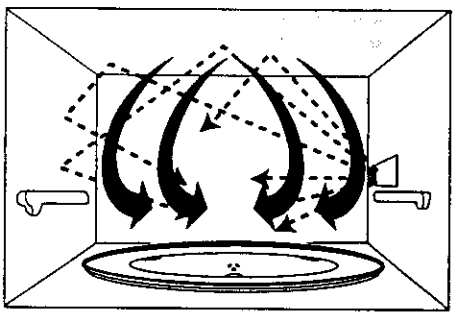
Grill



Convection



Combination

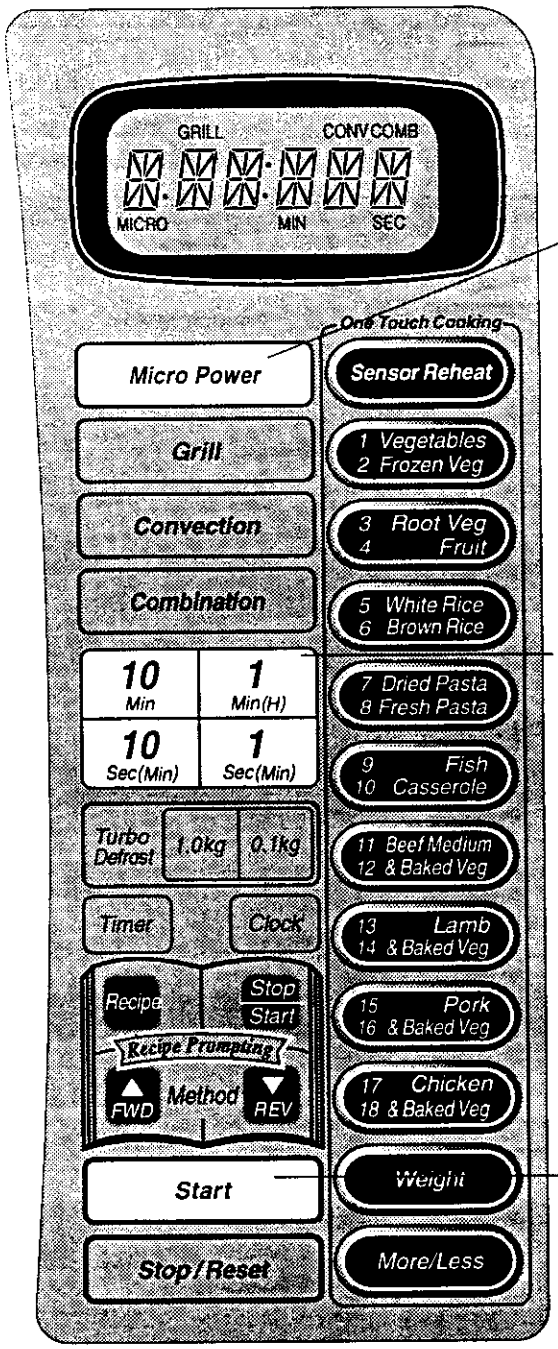


Microwave

Heat

1 Plug In

Plug into a properly grounded electrical outlet.
"WELCOME TO CONVECTION COOKING" appears in the display window.
(This will immediately cease when any pad is pressed.)



2 Press

Open the door and place the food on Glass Tray in the oven.
Then close the door.

3 Select Power Level

e.g. HIGH power — Press once
(Continue pressing for other power levels — page 14)

4 Set Time

e.g. 1 minute 30 seconds

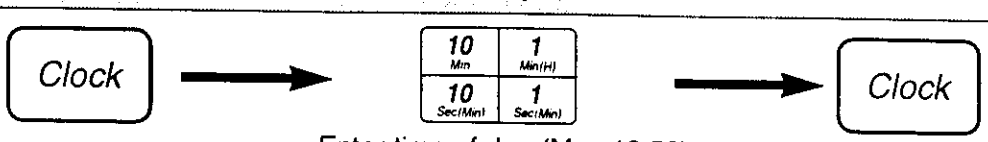
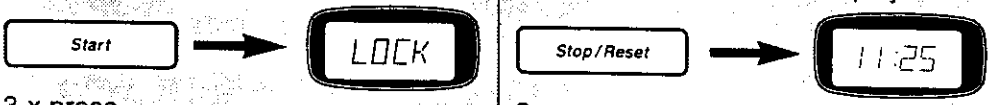
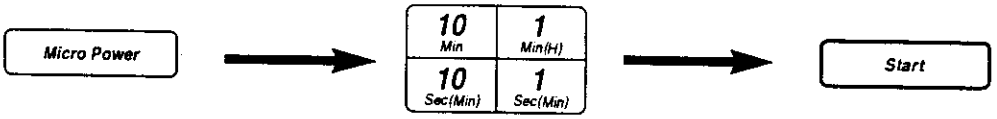
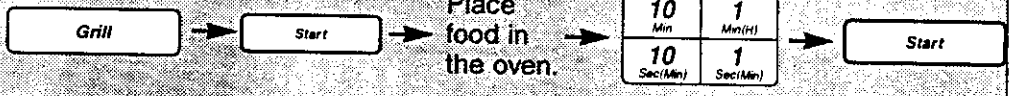
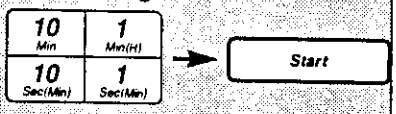
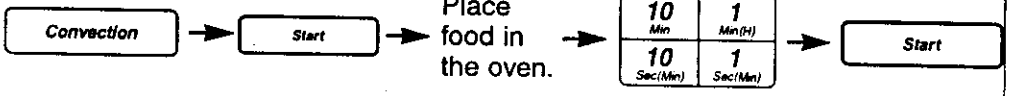
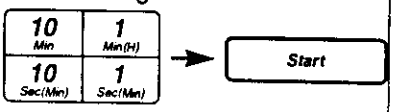
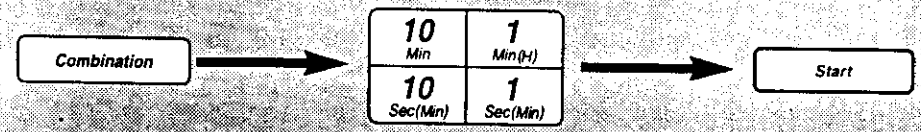
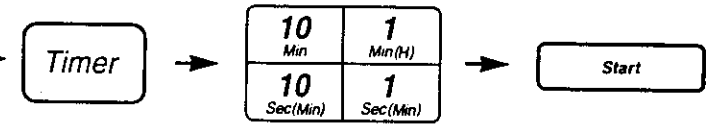
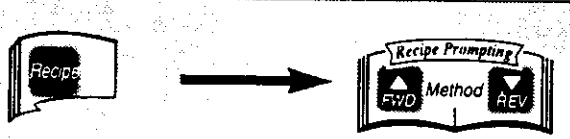
10 Min	1 Min(H)
10 Sec(Min)	1 Sec(Min)

Press once.

Press three times.

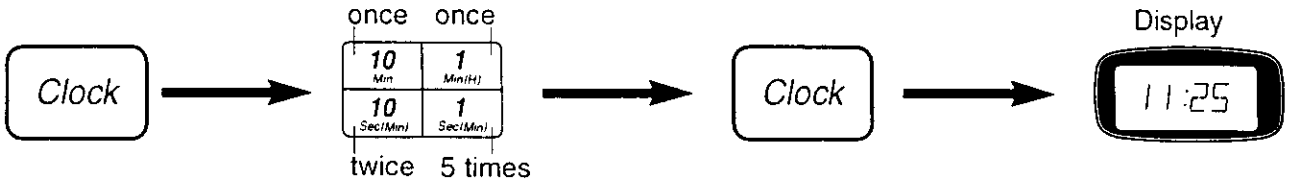
5 Press

Quick Guide to Operation

Feature	How to Operate
To Set **Clock** (☛ page 13)	 Enter time of day. (Max 12:59)
To Use **Child Safety Lock** (☛ page 13)	**To Set:** Start → Display LOCK. 3 x press. **To Cancel:** Stop/Reset → Display 11:25. 3 x press. 
To Use **Micro Power and Time Setting** (☛ page 14)	
To Cook on **Grill** (☛ page 16)	For preheating:  Place food in the oven. For Cooking: 
To Cook on **Convection** (☛ page 17)	For preheating:  Place food in the oven. For Cooking: 
To Cook by **Combination** (☛ page 18, 19)	
To Reheat using **"Sensor Reheat" pad :** (☛ page 20, 21)	
To Cook using **"One Touch Cooking"pads (1-18):** (☛ page 20-23)	**Select the Desired Food Category. (Category 1-10,)** **Select the Desired Food Category. (Category 11-18)**
To Set **Stand Time** (☛ page 27)	Set Desired Cooking Programme. 
To Use **Recipe Prompting** (☛ page 26, 27)	

To Set Clock

You can use the oven without setting the clock.



- Press.
- **Enter time of day. e.g. 11:25**
- Press.

NOTES:
1. To reset time of day, repeat the steps as above.
2. The clock will keep time of day as long as the oven is plugged in and electricity is supplied.
3. Max time available is 12:59. Clock is 12 hour only.

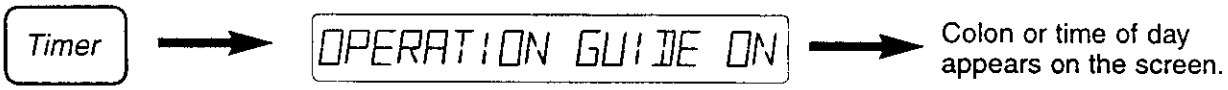
Operation Guide on the Screen

To assist you in programming your oven, the following operation will appear on the screen.
When you become familiar with your oven, the operation guide can be turned off.

To turn off: Display

- **Press 3 times**

To turn on: Display



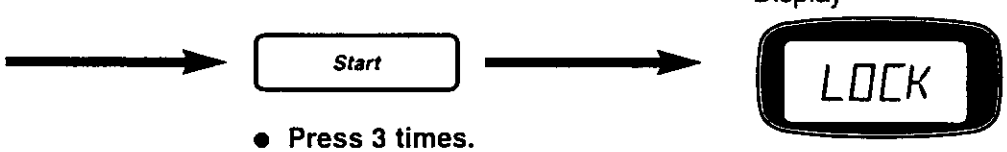
- **Press 3 times**

To Use Child Safety Lock

This feature allows you to prevent operation of the oven by a young child; however, the door will open.
You can set Child Lock when colon or time of day is displayed.

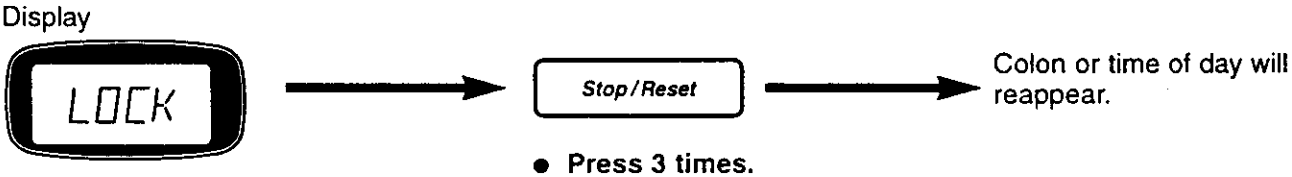
To Set:

Colon or time of day is displayed.



- **Press 3 times.**

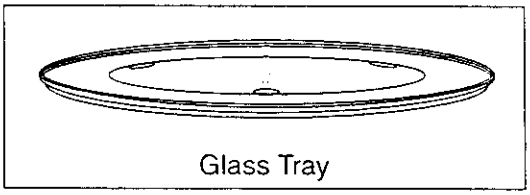
To Cancel:



- **Press 3 times.**

To Reheat / Defrost / Cook by Micro Power and Time

Use of Accessory:



Glass Tray

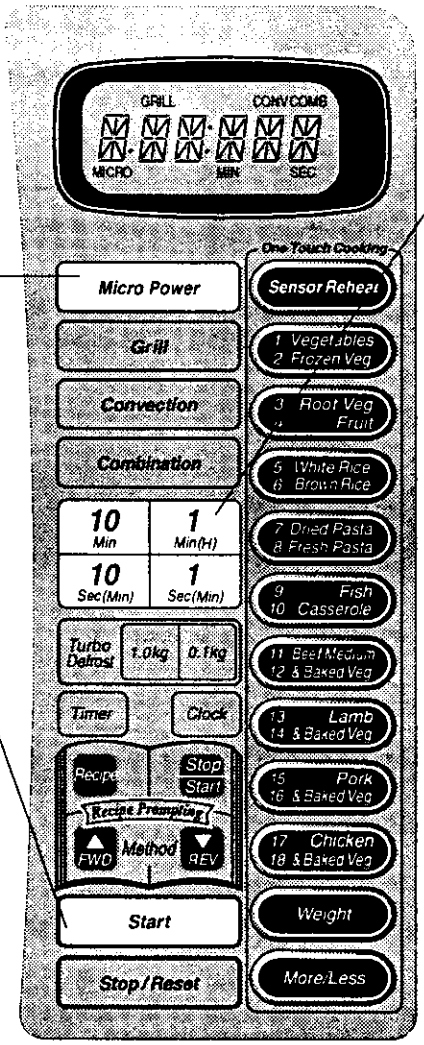
1 Select Micro Power

NOTE: When selecting HIGH power on the first stage, you can start from step 2.

3 Press

☛ Cooking will start.
The time in the display window will count down.
To recall the selected power level, press Micro Power pad.

Two/Three stage cooking:
Repeat steps 1 and 2 above then press Start, the oven will beep twice between stages.
e.g.Casseroles - HIGH 10 mins to bring to the boil, then MED LOW 30 mins to finish by simmering.



2 Set Cooking Time

(HIGH → up to 30 minutes
Others→up to 99 minutes 99 seconds

Micro Power:
You can select different power levels for cooking foods at different speeds, refer to the chart below.

Power Level	Power	No. of Taps	Example of Use
HIGH	100 %	1	Boil water, cook fresh fruit, vegetables, rice and pasta. Reheat soups, stews and casseroles.
DEFROST*	30 %	2	Thaw foods.
MED HIGH	70 %	3	Cook poultry, meat, cakes and desserts. Heat milk.
MEDIUM	55 %	4	Cook pot roasts, casseroles and meatloaves, melt chocolate. Cook eggs and cheese. Cook fish.
MED LOW	30 %	5	Simmer soups, stews and casseroles (less tender cuts.) Soften butter and cream cheese.
LOW	10 %	6	Keep cooked foods warm, simmer slowly.

* Refer to page 25.

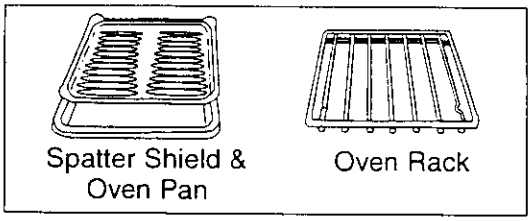
To Reheat / Defrost / Cook by Micro Power and Time

Reheat by setting Power and Time — Frozen Convenience Foods

Item Frozen (pre-cooked)	Power	Approx. Time (in minutes)	Instruction
BREAD & BAKED PRODUCTS			
Bread 1 slice 1 loaf 6 rolls	MED HIGH MED HIGH MEDIUM	10 - 15 sec 2 - 4 2 - 3	Do not let bread get hot, or it will become rubbery and dry out. Remove whole loaf from original wrapper. Place on paper towel to absorb moisture.
Cheesecake (600 g)	DEFROST	2 - 3	Remove from container. Defrost on plate.
Muffins – 4 (350 g)	MED HIGH	6 - 8	Place onto paper towel lined plate.
Scones – 6 (400 g)	MEDIUM	2 - 3	Defrost on paper lined plate. Stand 2 minutes.
Croissants – 4 (250 g)	MEDIUM	2 - 3	Place onto paper towel lined plate.
PIES Fruit Pie (500 g)	DEFROST then MED HIGH	6 - 8 6 - 8	Remove from foil container and place uncovered into a pie dish.
Meat Pie (300 g)	DEFROST then MEDIUM	4 - 6 2 - 3	Place onto paper towel lined plate.
Pizza (350 g)	HIGH	5 - 7	Remove from package and place onto paper towel or follow manufacturers' instructions.
FROZEN MEAL Fish in Sauce (200 g)	MEDIUM	5 - 6	Pierce corner of bag. Heat on a plate.
Instant Casserole in Pouch (serves 2)	MEDIUM	4 - 6	Pierce pouch.
Lasagne (300 g)	MEDIUM	8 - 10	Remove from foil container, place into serving dish.
Plate Food	DEFROST then MED HIGH	3 - 4 then 3 - 4	Arrange food evenly on a dinner plate. Add butter or gravy where desired. Cover plate with plastic wrap.
TV style dinner (320 g)	MEDIUM	8 - 10	Remove foil cover and replace with plastic wrap.
Vegetables & Sauce (in the bag) (500 g)	MEDIUM	8 - 10	Pierce corner of bag. Heat on a plate.
MISCELLANEOUS Chicken Pieces (500 g)	DEFROST then MED HIGH	5 - 7 6 - 8	Place onto paper towel lined plate.
Fish Fingers – 8 (200 g)	DEFROST then HIGH	3 - 5 2 - 3	Place onto paper towel lined plate.
Sausage Rolls (250 g)	MEDIUM	3 - 5	Place onto paper towel lined plate.

To Cook on Grill

Use of Accessory:



There are two Grill settings available.
Grill 1(High) is ideal for grilling meat, chicken and fish fillets.
Grill 2 (Low) is ideal for grilling whole fish and oven bake chips and browning cheese and egg dishes.

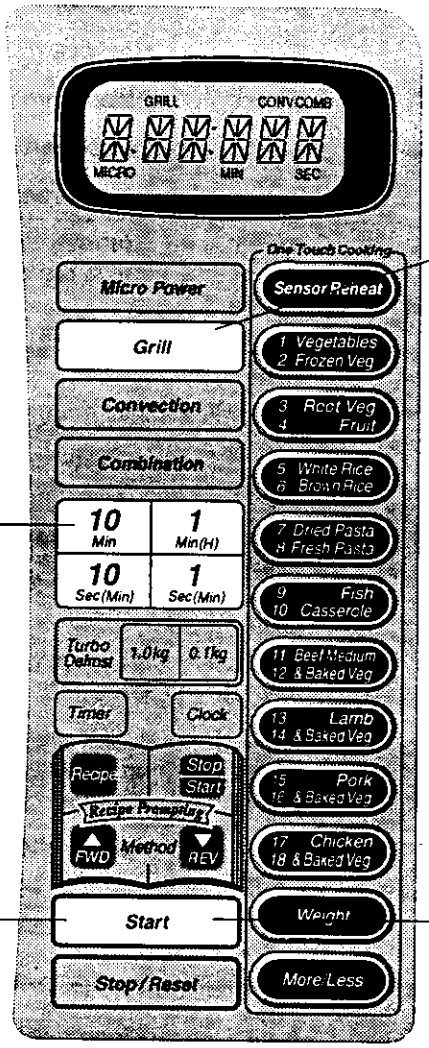
Remove Glass Tray and Roller Ring. Set Oven Rack on Rack Guides. Place Spatter Shield and Oven Pan on Oven Rack.

3 Place the food

on Oven Pan with Spatter Shield.
At the completion of preheating, 3 beeps will be heard and "PREHEAT END" rolls across the screen.

4 Set Time

(up to 99 minutes and 99 seconds)



1 Select Grill Power

Grill 1 (High) or Grill 2 (Low) can be selected.

5 Press

☛ Cooking will start.

2 Press

☛ The oven begins to preheat. Do not open the door during preheating.

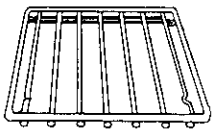
NOTE:

1. If the oven door is not opened after the completion of preheating, the oven will maintain the selected Grill Power for 30 minutes. After 30 minutes, the oven will shut off automatically and revert to the time of day.
2. If preheating is not required for the food you are cooking, eliminate step 2.
3. If Stop/Reset pad is pressed twice after preheating, when the Cooking time is entered the oven will operate by micro power.

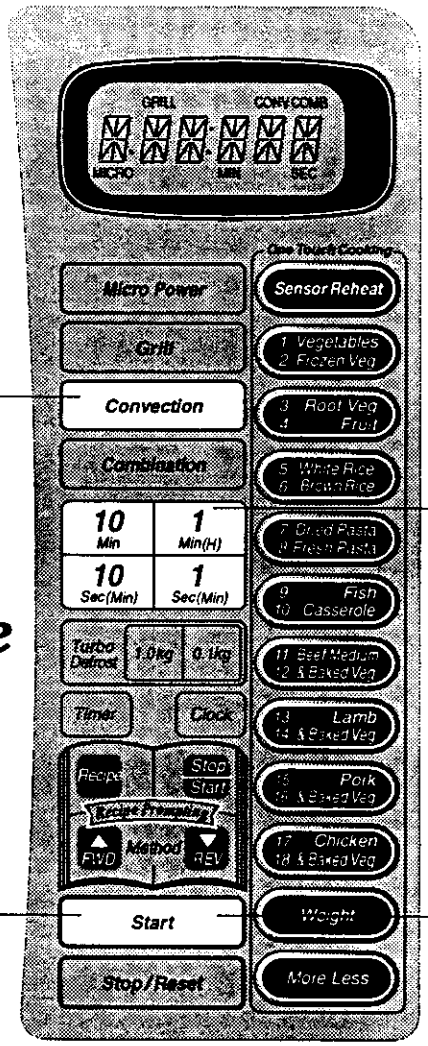
To Cook on Convection

Use of Accessory:

Oven Rack



This pad offers a choice of Convection Bake temperatures from 100-250°C in 10°C increments. Remove Glass Tray and Roller Ring, then set Oven Rack on oven floor.
Just like a conventional oven, the convection oven has a heating element to give the dry heating needed to produce crisp, browned exteriors. Convection cooking has the addition of a fan to produce conventional results with a slightly reduced cooking time. Most conventional recipes will be suitable for use. Follow the minimum suggested cooking times and add additional time if required. Convection recipes are also available throughout the recipe section.



1 Select the desired oven temperature

2 Press

- The oven begins to preheat. Do not open the door during preheating.

3 Place the food

After preheating 3 beeps will be heard and "PREHEAT END" rolls across screen.

4 Set Time

(up to 9 hours and 99 minutes)
10 min becomes inoperable
1 min becomes 1 hour
10 sec becomes 10 min,
1 sec becomes 1 min.

5 Press

- Cooking will start.

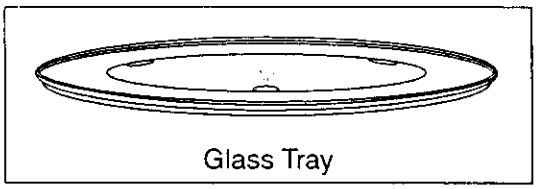
Operation & Hints

NOTE:

1. If the oven door is not opened after the completion of preheating, the oven will maintain the selected temperature for 30 minutes. After 30 minutes, the oven will shut off automatically and revert to the time of day.
2. If preheating is not required for the food you are cooking, eliminate step 2.
3. When selected cooking time is less than one hour, the time counts down by minutes and seconds.
4. When selected cooking time is more than one hour, the time counts down by hours and minutes until only "1H 00 (1 hour)" remains. The display then counts down by minutes and seconds.
5. If Stop/Reset pad is pressed twice after preheating, when the cooking time is entered the oven will operate by micro power.

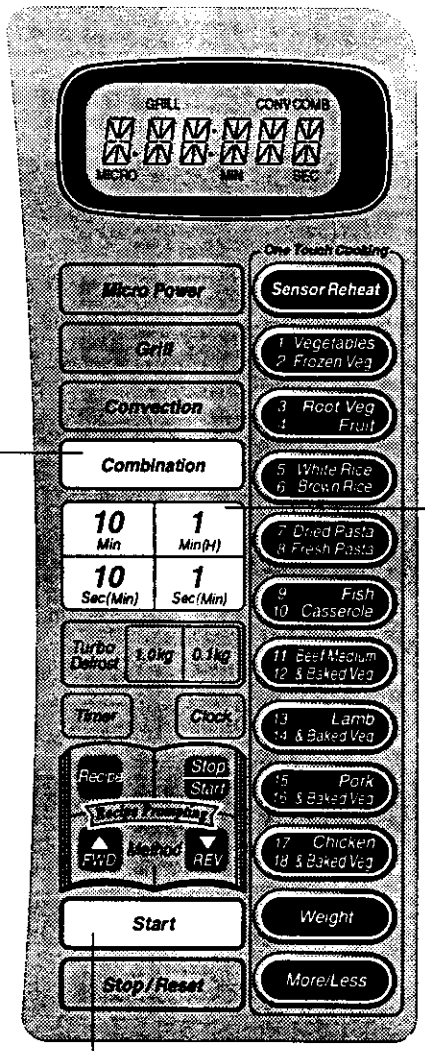
To Cook on Combination: Convection & Microwave

Use of Accessory:



Glass Tray

There are 6 combination settings.
To select the correct program for particular foods, refer to next page.



1 Select Setting

☛ COMB 1-6 and the program temperature appears on the screen.

2 Set Cooking Time

(up to 9 hours and 99 minutes)
10 min becomes inoperable
1 min becomes 1 hour
10 sec becomes 10 min,
1 sec becomes 1 min.

3 Press

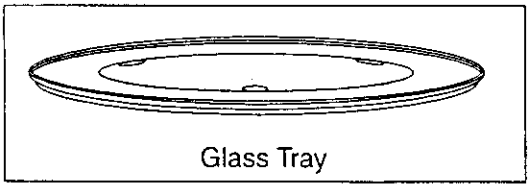
☛ Cooking will start.

NOTE:

1. When selected cooking time is less than one hour, the time counts down by minutes and seconds.
2. When selected cooking time is more than one hour, the time counts down by hours and minutes until only "1H 00 (1 hour)" remains. The display then indicates counts down by minutes and seconds.

To Reheat / Cook by One Touch Cooking

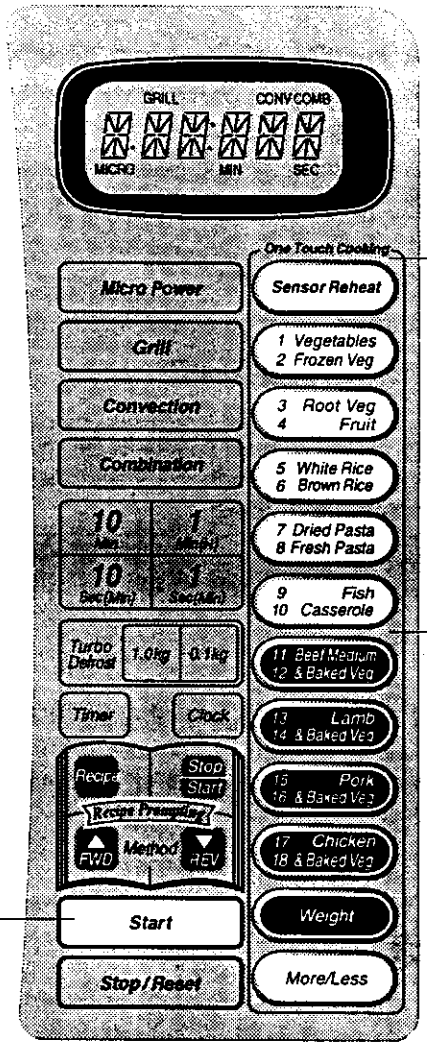
Use of Accessory:



Glass Tray

Sensor Reheat/Cook

This feature allows you to reheat/cook most of your favourite foods without having to select cooking times and power levels. The oven does it all automatically.



1 Press

To select the lower food category, press twice. e.g.

1 Vegetables
2 Frozen Veg

Press twice for Frozen Vegetables.

Category and "PRESS START" appears in the display window.

More/Less Pad
Preferences for food doneness vary with each individual. After having used One Touch Cooking a few times, you may decide you would prefer your food cooked to a different doneness. By using the More/Less Pad, the programmes can be adjusted to cook food for a longer or shorter time.
1 tap: More cooking
2 taps: Less cooking
3 taps: Standard cooking
Press More/Less Pad after selecting category and before pressing Start Pad.

2 Press

☛After the burst of steam is detected by the SENSOR, the remaining cooking time appears in the display and begins to count down.

For best results, follow these recommendations:

1. The One Touch Sensor Cooking works by detecting the amount of steam generated by the food being cooked. From this steam generated, the oven then calculates the remaining cooking time.
2. When an Auto Programme has been selected, the category will appear in the display window.
3. The door should not be opened before the time appears in the display window.
4. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.
5. Do not use plastic dishes as a secure seal cannot be achieved and inaccurate results may occur.
6. If the oven has been previously used on CONVECTION, COMBINATION or GRILL, and it is too hot to be used on a Sensor Program, a "HOT" will appear in the display window. The cooking fan will operate to cool the oven rapidly. After the "HOT" disappears, the programm may be used. If you are in a hurry, cool food manually i.e. select Micro Power Level and cooking time yourself.

To Cook on Combination: Convection & Microwave

Combination cooking is ideal for roasting meats, poultry and cooking cakes, pastries and slices. Combination cooking automatically alternates between Convection and Microwave heating.

The advantage of Combination cooking is that it gives you the browning of Convection and often shortens the conventional cooking time. Time is also reduced as preheating not required.

When cooking by Combination, place dishes to be cooked on the Glass Tray. When roasting meat, the roasts may be placed on a microwave-safe and heatproof dish on Glass Tray.

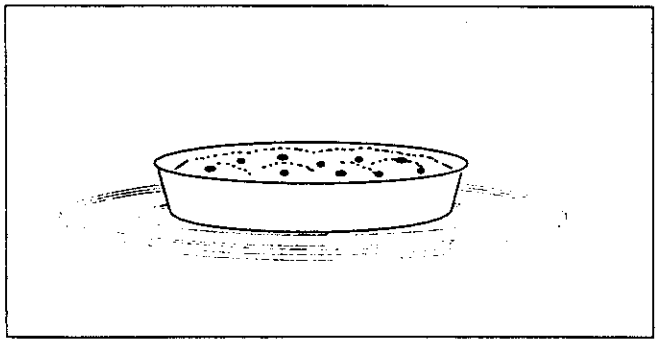
To calculate cooking time start by cooking for approximately $^2/_3$ of the conventional cooking time and add additional time if required. For examples of recipes and cooking times, consult recipes in the recipe section.

Examples of Foods to Cook by Combination Mode

Combination Setting	Foods Suitable	Oven Temperature	Micro Power Level
COMB 1	Casseroles, pot roasts, meat loaves, corned meat	150°C	MEDIUM - LOW
COMB 2	Quiche, baked custards, rice pudding	160°C	LOW
COMB 3	Cakes, self saucing pudding, layered slices, apple pie	180°C	MEDIUM
COMB 4	Singe layer slice, light cakes, roast lamb	190°C	MEDIUM - LOW
COMB 5	Roast pork, roast beef, jacket potato, turkey, duck, garlic bread, chicken pieces casseroles, lasagne, reheating sweet/savoury pies, reheating muffins	200°C	MEDIUM - LOW
COMB 6	Pastries, bread, grilling sausages and rissoles, whole chicken, chicken pieces, pizzas, reheating croissants	230°C	LOW

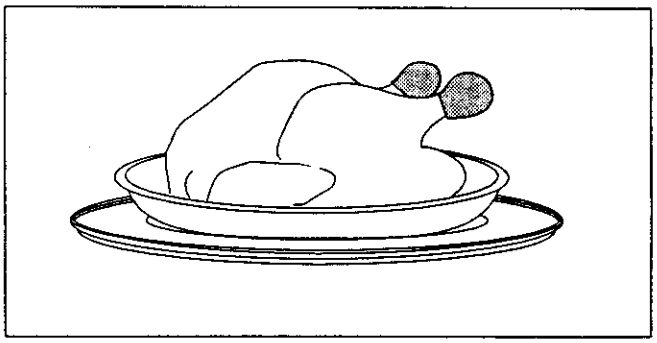
Ovenproof cookware, including glass is suitable for use on Combination cooking. Cakes, slices, desserts etc. may be cooking in metal cookware providing there is suitable quantity of food to be absorbed by the microwave heat. For example, do not place a small amount of food in a large metallic dish as arcing may occur.

Use of Accessory:



Cakes, slices, desserts, etc. may be cooked in metal cookware. Do not place a small amount of food in a large metallic dish as arcing may occur.

Use of Accessory:



For roast chicken, chicken pieces, roast beef, lamb and pork.

SENSOR REHEAT (200 g - 1.2 kg)

- All foods must be pre-cooked.
- Foods should be at room or refrigerated temperatures.
- Stirrable foods are recommended.
- Place in a suitably sized dish (approximately 3/4 full).
- Dish should be covered with plastic wrap or a fitting lid.
- Stir food after removal from oven.
- Allow 2 to 3 minutes standing time.
- Do not reheat in foil or plastic containers.

1. VEGETABLES (125 g - 1.0 kg)

2. FROZEN VEGETABLES (125 g - 1.0 kg)

- Place in a suitably sized dish and cover with plastic wrap or a fitting lid.
- Larger vegetables are placed in a single layer and select a shallow dish for these.
- Add 1 tablespoon to 1/4 cup of water if vegetables appear slightly dehydrated or a softer texture is desired.
- Do not add salt before cooking.
- At the completion of cooking, stir larger quantities and allow to stand for 2 to 3 minutes.

3. ROOT VEGETABLES (125 g - 1.0 kg)

- Vegetables should be trimmed, prepared and cut into even sized pieces.
- Add 1 tablespoon to 1/4 cup of water if vegetables appear sightly dehydrated or a softer texture is desired.
- Place in a suitably sized dish and cover dish with plastic wrap or a fitting lid.
- If desired, butter, herbs etc. may be added but do not add salt until the completion of cooking.

4. FRUIT (125 g - 2.0 kg)

- The addition of water and sugar is optional as most fruit will yield juice as it cooks.
- If liquid is required to produce a softer result, add approximately 1/4 cup per 250 g.
- A sugar syrup may be made by combining 1/4 cup of caster sugar with 1/2 cup of water and cooking on HIGH for 2 to 3 minutes, stirring once to dissolve.
- Place prepared fruit to be cooked in an appropriately sized dish and cover with plastic wrap or a fitting lid.

5. WHITE RICE (100 g · 1/2 cup - 600 g · 3 cup)

- Use a larger sized dish to prevent rice from boiling over.
- Use cold water at a ratio of:
  1/2 cup rice / 1 cup water
  1 cup rice / 1 1/2 cups water
  2 cup rice / 3 cups water
- Cover with plastic wrap or a fitting lid.
- When the cooking time appears in the display window, remove plastic wrap or lid.
- At the completion of cooking, allow 5-10 minutes standing time.

6. BROWN RICE (200 g - 500g)

- Suitable for cooking brown rice.
- Place rice with water in a suitable dish. We recommend the following proportions of rice to cold tap water. (Always use cold tap water when cooking rice by One Touch Cooking.):
  1 cup rice with 3 cups water in 3 litre dish
  1 1/2 cup rice with 4 cups water in 3 litre dish
  2 cup rice with 5 cups water in 4.5 litre dish
  2 1/2 cup rice with 6 cups water in 4.5 litre dish
  It may be necessary to adjust the water to your personal preference.
- Using a large sized dish will prevent the rice from boiling over.
- Do not cook rice in plastic dishes as incorrect cooking times may result.
- Cover dish securely with plastic wrap or well fitted lid.
- Halfway through cooking, the oven will "BEEP". Stir. Remove the plastic wrap or lid. There is no need to cover the rice again.
- At the completion of cooking time. Stir. Re-cover and let stand 10 to 15 minutes.

7. DRIED PASTA (125 g - 500g)

- Suitable for cooking dried pasta.
- Place pasta and water in a large size dish to prevent from boiling over.
- Use boiling water at the ratio of,
  125 g pasta/3 cups water 250 g pasta/4 cups water
  375 g pasta/6 cups water 400 g pasta/7 cups water
  500 g pasta/8 cups water
  add 1 teaspoon of oil, if desired, before cooking to prevent the pasta from sticking together.
- Cover with plastic wrap or a fitting lid.
- When the cooking time is displayed, remove the cover.
- Stand for 5-10 minutes at the completion of cooking time.

8. FRESH PASTA (125 g - 500g)

- Suitable for cooking fresh pasta such as fettuccine, tagliatelle etc.
- Place pasta in an appropriate sized dish with hot tap water. Use the following as a guide:
- Stand for 5-10 minutes at the completion of cooking time.

150 g pasta	4 cups hot tap water	3 litre dish
250 g pasta	5 cups hot tap water	3 litre dish
350 g pasta	6 cups hot tap water	4 litre dish
500 g pasta	8 cups hot tap water	4 litre dish

- Add 1 tablespoon of oil, if desired, before cooking to prevent pasta from sticking together.
- Cover dish with plastic wrap or well fitted lid.
- At the end of the cooking time, cover, and let stand for 5 to 10 minutes, if required, before draining.

9. FISH (250 g - 1.0 kg)

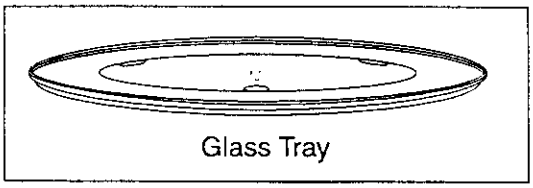
- Suitable for cooking whole fish, fish fillets and cutlets.
- Select fish suitable for microwave cooking and place skin side down in a shallow dish.
- Overlap thin ends of fillets to prevent overcooking.
- Cover dish with plastic wrap a fitting lid.
- Allow larger quantities of fish to stand for 3 to 5 minutes at the completion of cooking.
- For dense pieces of fish, slightly extra cooking time should be allowed by pressing "MORE" pad.

10. CASSEROLE(500 g - 2.5 kg)

- Select less tender cuts of meat as these will produce the best results.
- Cut meat and vegetables into even sized pieces.
- Place into a suitably sized dish (approx. 3/4 full).
- Add approximately 1/2 to 1 cup of stock or soup per 500 g meat.
- Ensure that a casserole dish with a lid is used. DO NOT USE PLASTIC WRAP, as the heater could melt the wrap.

To Reheat / Cook by One Touch Cooking

Use of Accessory:

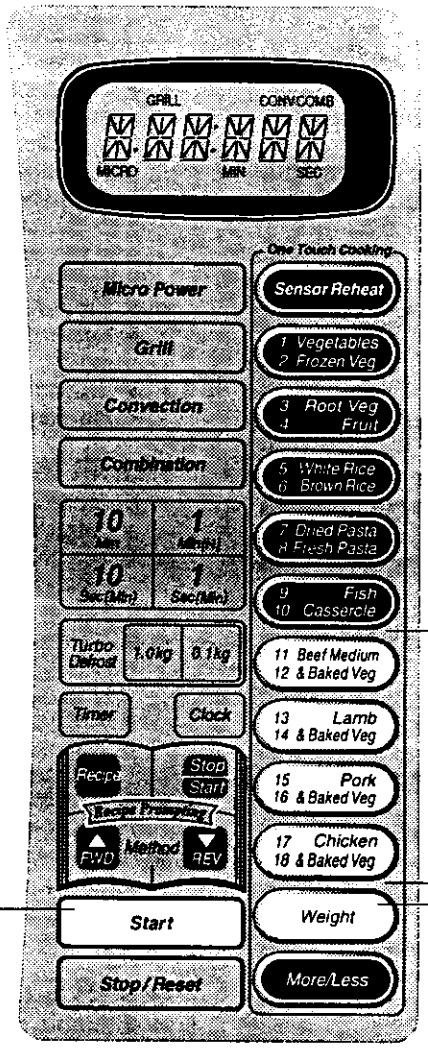


Glass Tray

(Category 11-18)

Weight Cook

This feature allows you to cook most of your favourite foods by setting the weight.



1 Press

To select the lower food category, press twice.

e.g. 11 Beef Medium 12 & Baked Veg

Press twice for Beef Medium & Baked Vegetables.

☛ Category and "SET WEIGHT" appear in the display window.

2 Select Weight

3 Press

☛ Cooking time appears in the display window and begins to count down.

During cooking, the oven will beep and scroll "TURN OVER" to signal that the food needs to be turned or re-arranged.

NOTE:

1. These settings are cooked by Combination (Convection, Grill and Microwave).
2. When the weight has been entered, the cooking times will be determined.
3. When using settings 12, 14, 16 and 18, enter the weight of the meat only.
   If potatoes are not sufficiently crispened at the completion of cooking, remove roast from oven and leave potatoes on the rack. Program Grill 1 for 10minutes (It is not necessary to preheat).
4. Roasts weighing above or below the recommended weights should be cooked by manual combination (see page 18).

11. BEEF MEDIUM (1000, 1300, 1500, 1800 g)

- Select roasts that are even in shape, if not, tie roasts with string to aid with even cooking.
- Place the beef fat side down on an oven/microwave safe dish, and place on Glass Tray.
- Turn the beef approximately halfway through cooking time.
- At the completion of cooking, wrap in aluminium foil and allow to stand for 10-15 minutes before carving.

12. BEEF MEDIUM AND BAKED VEGETABLES (1000, 1300, 1500, 1800 g (meat only))

- Select roasts that are even in shape, if not, tie roasts with string, to aid in even cooking.
- Place beef fat side up on an oven/microwave safe dish, and place on Glass Tray.
- Cut vegetables into even sized pieces.
- For roasts weighing more than 1.1 kg, position potatoes around the outside. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking time is complete.
- There is no need to turn the meat or vegetables during the cook time. Vegetables may require basting halfway through the cooking time.
- At the completion of the cooking time, wrap the beef in aluminium foil and allow to stand for 10-15 minutes before carving.

13. LAMB (1000, 1300, 1500, 1800 g)

- Place the lamb fat side down on an oven/microwave safe dish, and place on Glass Tray.
- Turn the lamb over approximately halfway through cooking time.
- At the completion of the cooking time, wrap the meat in aluminium foil and allow to stand for 10-15 minutes before carving.
- Boneless roasts may require an additional 5-10 minutes cooking time: Micro Power MEDIUM.

14. LAMB AND BAKED VEGETABLES (1000, 1300, 1500, 1800 g (meat only))

- Place lamb fat side up on an oven/microwave safe dish, and place on Glass Tray.
- Cut vegetables into even sized pieces.
- For roasts weighing more than 1.4 kg or less, position all vegetables around the outside. Brush with melted butter oil.
- For roasts weighing more than 1.4 kg place potatoes around the outside, Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking time is complete.
- At the completion of the cooking time, wrap the lamb in aluminium foil and allow to stand for 10 minutes before carving.

15. PORK (1000, 1300, 1500, 1800 g)

- Select roasts that are uniform in shape, if not, tie roasts with string, to aid with even cooking.
- Place the pork crackling side up on an oven/microwave safe dish, and place on Glass Tray.
- For crispy crackling, score rind, brush with oil and sprinkle with salt.
- There is no need to turn the pork during the cooking time.
- At the completion of cooking time, wrap the pork in aluminium foil and allow to stand for 10-15 minutes before carving.

16. PORK AND BAKED VEGETABLES (1000, 1300, 1500, 1800 g (meat only))

- Select roasts that are uniform in shape, as this will produce the most evenly cooked result.
- Place crackling side up on an oven/microwave safe dish, and place on Glass Tray.
- For crispy crackling, score rind, brush with oil and sprinkle with salt.
- Prepare vegetables and cut into even sized pieces.
- For roasts weighing 1.2 kg or less, place all vegetables around the outside. Brush with melted butter or oil.
- For roasts weighing more over 1.2 kg, place potatoes around the outside. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking.
- There in no need to turn the meat or vegetables during the cook time. Potato may require additional basting halfway through cooking time.

17. CHICKEN (1300, 1500, 1800, 2000 g)

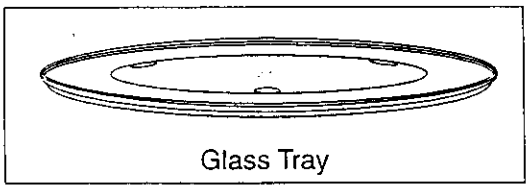
- To keep poultry in shape during cooking, truss or tie the legs of the bird together.
- Place the chicken breast side up on an oven/microwave safe dish, and place on Glass Tray.
- If desired, brush the chicken with oil or melted butter and sprinkle with herbs.
- There is no need to turn the chicken during the cooking time. If desired, baste the chicken halfway through cooking.
- At the completion of cooking, wrap the chicken in aluminium foil and allow to stand for 10-15 minutes before carving.

18. CHICKEN AND BAKED VEGETABLES (1300, 1500, 1800 g 2000 g (meat only))

- To keep poultry in shape during cooking, truss or tie the legs of the bird together. Brush with melted butter and sprinkle with herbs if desired.
- Place the chicken breast side up on an oven/microwave safe dish, and place on Glass Tray.
- Prepare the vegetables into even sized pieces.
- Place potatoes around the outside. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking time.
- There is no need to turn the chicken or vegetables during the cooking. If desired, baste the chicken and potatoes with melted butter halfway through cooking.
- At the completion of the cooking time, wrap the chicken in aluminium foil and allow to stand for 10-15 minutes before carving.

To Defrost

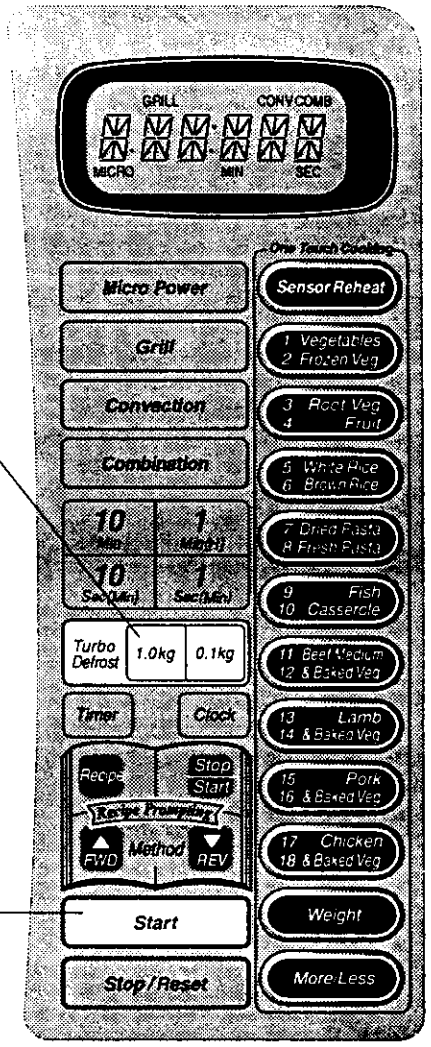
Use of Accessory:



Glass Tray

◆ Turbo Defrost

This feature allows you to defrost meat, poultry and seafood by weight.



1 Set Weight

Weight must be programmed in kilograms and tenths of a kilogram.

The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food is 3 kg and the minimum weight is 0.1 kg.

2 Press

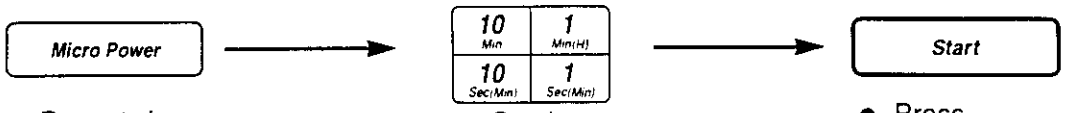
☛ Defrosting time appears in the display window and begins to count down.

NOTES:

1. Stand time or power level may be programmed after Turbo Defrost. (See page 27)
2. For further information on Turbo Defrost, refer to next page.

To Defrost

◆ Defrost by Setting Time



- Press twice.
- Set time.
- Press.

Preparation for Freezing:

1. Heavy-duty plastic wraps and bags, and freezer wraps are suitable.
2. Freeze meat, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18°C or lower).

Defrosting Technique:

1. Remove from wrapper and set on a roasting rack in a dish on Glass Tray.
2. **On Turbo Defrost**, the oven will beep after one third and two thirds of the defrosting time has elapsed.
   At the first beep: Turn over all meat, poultry, fish and shellfish. Remove defrosted minced meat, stewing meat, poultry pieces or prawns etc. Shield thin ends of roasts or poultry legs and wings with foil.
   At the second beep: Turn over roasts or whole poultry. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Remove defrosted minced meat, stewing meat or poultry pieces. Shield ends of roasts, fat or bones with foil.
3. After defrosting: Large roasts may still be icy in the centre. Allow to stand 15 to 30 minutes in refrigerator to completely defrost.

Defrosting Chart (by setting time):

Food	Approx. Time	Instruction
MEAT		
Beef		
minced beef	8 - 11	Turn meat over two or three times during defrosting.
roast: topside	12 - 15	
beef tenderloin	12 - 15	Halfway through the defrost cycle break apart minced beef, separate chops and remove meat that is defrosted.
chuck or rump	10 - 13	
sirloin, rolled	11 - 14	
steak	8 - 10	Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.
miscellaneous	8 - 12	
Pork/Lamb		
roast	9 - 12	Large roasts may still be icy in the centre. Allow to stand.
chops	8 - 11	
ribs	8 - 12	
POULTRY		Turn poultry over two to four times during defrosting. Halfway through the defrost cycle shield end of drumstick, wings, breast bones, and ends of poultry with foil.
Chicken		
whole	9 - 12	
pieces	8 - 11	
fillets	8 - 10	Break apart chicken pieces and remove small pieces such as wings, that may defrost before larger pieces.
Duck	10 - 12	
Turkey	10 - 13	
		Rinse poultry under cold water to remove ice crystals. Allow to stand for 5 to 10 minutes before cooking.
FISH & SHELLFISH		
Fish fillets	9 - 11	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops. Remove any pieces that are defrosted.
Whole fish	9 - 12	
Crabmeat	8 - 10	
Lobster tails	8 - 10	
Sea scallops	8 - 10	Allow to stand 5 to 10 minutes before cooking.
Green prawns	10 - 12	

To Use Recipe Prompting

Recipe Prompting helps you to cook by following the methods in the display window.
40 recipes are programmed. (Refer to the next page.)

1 Press

until the desired recipe appears in the display window.

☛ Recipes are arranged alphabetically. The first time you use Recipe Prompting after plugging your oven in, the first recipe (Apricot Chocolate Chip Muffins) will appear. The next time you press the RECIPE pad, the last recipe you selected will be displayed.

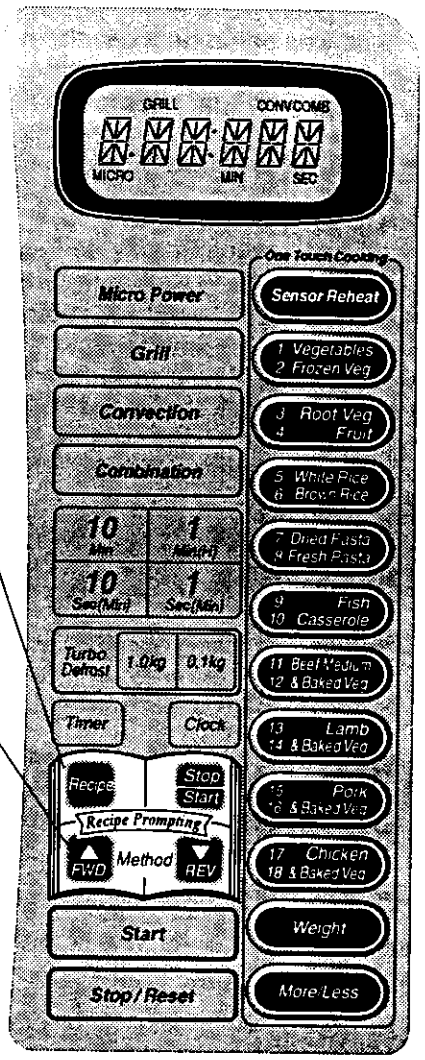
2 Press

☛ The first instruction will be scrolled across the display window.

Press for the next instruction.

Press for the previous instruction.

"ENJOY YOUR MEAL" will be scrolled across the display window at the end of each recipe. For detailed information on cooking, please refer to page 14.



	One tap: to stop scrolling Two taps: to restart scrolling ☛ Use [Start] to commence cooking after selecting a power level and cooking time.
Stop/Reset	1. While instructions are in the display window, colon or time of day will appear in the display window by one tap. 2. While setting power or time, previous instruction will appear in the display window by one tap. Two taps make the colon or time of day appear in the display window. 3. While cooking, one tap stops the remaining cooking time to count down. The next instruction will start scrolling by two taps.
Start	Cooking will start by pressing this pad.

To Use Recipe Prompting

NOTE:
Throughout Recipe Prompting, the oven will instruct you to set the cooking time and power level at each stage of the recipe. Set the instructed power level and cooking time using the Micro Power pad and Time pads. These settings are a guide only. If you wish to change, the oven can accept a different power level and cooking time.
For further information about cooking any of these recipes, refer to the cooking guide section.

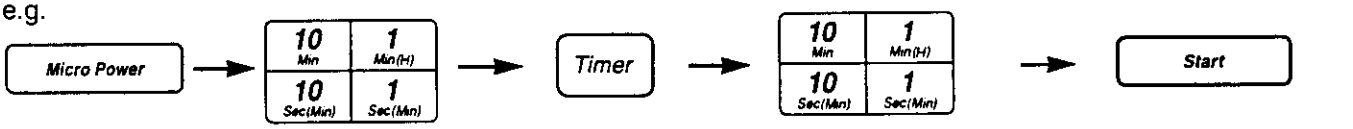
The following recipes are programmed in Recipe Prompting:

Recipe	Page	Recipe	Page
1. Apricot Chocolate Chip Muffins	81	21. Honey Sesame Drumsticks	63
2. Apricot Honey Slice	84	22. Lemon Pepper Fish	46
3. Apricot Nectar Chicken	65	23. Mini Baked Potatoes	71
4. Caramel Sauce	90	24. Peach Crumble	89
5. Cheese and Ham Filled Potatoes	71	25. Pepper Pot Beef	56
6. Cheese Sauce	91	26. Pineapple Slice	87
7. Chicken and Mushroom Pasta Sauce	78	27. Potato Casserole	72
8. Chicken Cacciatore	64	28. Potato Wedges	73
9. Chicken Curry	63	29. Pumpkin Soup	38
10. Chicken Risotto	77	30. Rich Chocolate Sauce	90
11. Chilli Beef	55	31. Roast Herb Chicken	60
12. Chinese Beef and Vegetables	53	32. Seasoned Rice	76
13. Chocolate Brownies	83	33. Seasoned Roast Lamb	55
14. Chocolate Fudge	84	34. Soy Chicken and Vegetables	63
15. Creamy Bacon Sauce	91	35. Spaghetti Meat Sauce	91
16. Fragrant Coconut Rice	75	36. Speedy Chocolate Bit Slice	85
17. French Onion Beef Casserole	54	37. Sweet Berry Sauce	90
18. Garlic Prawns	48	38. Tomato Bacon Soup	37
19. Gingered Whole Fish	48	39. Tomato Vegetable Casserole	73
20. Herbed Vegetables	70	40. Vegetable Curry	71

To Set Standing Time

Using the Timer Pad, you can programm 1) a Stand Time after cooking is completed or 2) a minute timer.

e.g.



- Select the desired cooking program.
- Press Timer Pad.
- Set the desired amount of time. (up to 99 minutes 99 seconds)
- Press Start Pad.

NOTE:
1. Three stage cooking can be programmed including a Stand Time.
2. If the oven door is opened during the Stand Time, the time in the display window will continue to count down.
3. This feature may also be used as a timer. In this case, eliminate first step.

Before Requesting Service

ALL THESE THINGS ARE NORMAL:	
The oven causes interference with my TV.	Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryer, etc. It does not indicate a problem with your oven.
The oven lights dim.	When cooking with a power other than HIGH, the oven must cycle to obtain the lower power levels. The oven light will dim and clicking noises can be heard when the oven cycles.
Steam accumulates on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.
I accidentally ran my microwave oven without any food in it.	Running the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.
There are humming and clicking noises from my oven when I cook by Combination.	These noises occur as the oven automatically switches from microwave power to Convection/Grill, to create the Combination setting. This is normal.
The oven has an odour and generates smoke when using the Convection, Combination and Grill function.	It is essential that your oven is wiped out regularly particularly after cooking. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on. →	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit breaker or fuse is tripped or blown.	Reset circuit breaker or replace fuse.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking. →	The door is not closed completely.	Close the oven door securely.
	Start pad was not pressed after programming.	Press Start pad.
	Another program has already been entered into the oven.	Press Stop/Reset pad to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	Stop/Reset pad has been pressed accidentally.	Program oven again.
The words "DEMO MODE"* appear on the screen. →	Clock pad has been pressed three times.	Deactivate mode by pressing Clock pad three times.
When the oven is turning on, there is noise coming from Glass Tray. →	Roller Ring and oven bottom are dirty.	Clean these parts according to Care of Your Oven (see next page).

* DEMO MODE is designed for retail store display.
Cooking and other functions will not operate during demo mode.

If it seems there is a problem with the oven, contact an authorised Service Centre.

Care of Your Microwave Oven

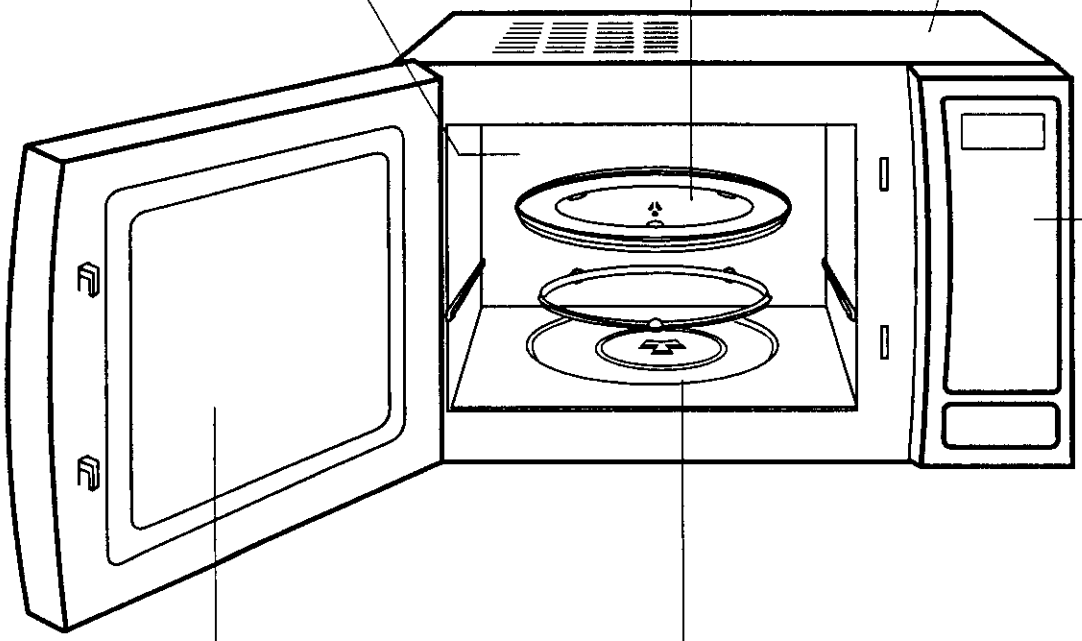
BEFORE CLEANING:
Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

AFTER CLEANING:
Be sure to replace Roller Ring and Glass Tray in the proper position and press Stop/Reset Pad to clear the display window.

Inside of the oven:
Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended. Do not use oven cleaners on the top of the oven.

Glass Tray:
Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a non-abrasive nylon mesh scouring pad and non-abrasive cleaners.

Outside oven surfaces and rear vents:
Clean with a damp cloth. To prevent from damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.



Control Panel:
If the control panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the control panel.

Oven Door:
Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.

The roller ring and oven cavity floor:
Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise.

After GRILL or COMBINATION cooking, the oven should be cleaned with a soft cloth squeezed in soapy water. If the oven is not cleaned occasionally to eliminate this grease, it can accumulate and cause the oven to "SMOKE" during use. To avoid smoking, run the oven without food on CONVECTION 250°C for 20 minutes.

Microwave Recipe Preparation and Techniques

Microwaves penetrate the surface of the food to a depth of about two to three centimeters and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwaving techniques are used to promote fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly they are extremely important. It's a must to be familiar with the following tips.

Food Characteristics

Size and Quantity
Small portions cook faster than large portions.
As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has only the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook.
As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

Liquid Content
Low moisture foods take a shorter time to cook than foods with a lot of moisture.

Shape
Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

Bone and Fat
Bones conduct heat and cause the meat next to them to be heated more quickly. Large amounts of fat absorb microwave energy and meat next to these areas may overcook.

Starting Temperature
Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen food.

Density and Composition
Porous, airy foods (cakes and breads) take less time to cook than heavy compact foods (meat and vegetables). Recipes high in fat and sugar content cook more quickly.

Key to Symbols Used in Recipes

C	Convection
G	Grill
MC	Manual Combination
A	One Touch cooking
R	Recipe Prompting
No symbol	Microwave only

Techniques for Preparation

Timing
A range of cooking times is given in each recipe for two reasons. Firstly, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

Stirring
Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the centre and the centre portions to the outside.

Rearranging or Turning
Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking. Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the centre to the edge of the dish.

Cooking in Layers
Cooking in layers is not always successful as it takes twice as long to cook as a single layer and cooking may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.

Piercing of Foods
Pierce the skin or membrane of foods when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

Cured Meats
Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times may vary slightly.

Covering
Covering food minimises the microwave cooking time. Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so retains more heat and steam. Wax paper and paper towels hold the heat in, but not the steam. These materials also prevent splattering. Use a paper towel, wax paper or no cover, when steam is not needed for tenderising.

Browning
Meats and poultry, cooked longer than 10 to 15 minutes, brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce, or soy sauce. Simply brush one of these sauces over meat or poultry before cooking. Baked goods do not need long cooking time and therefore, do not brown. When cakes or cupcakes are iced, no one will notice this visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of caster sugar or the surface can be sprinkled with dark spices before baking.

Standing Time
The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules had been vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves in or outside your microwave oven. Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking. The amount of standing time varies with the size and density of the food. In meat cookery the internal temperature will rise between 5°C and 10°C if allowed to stand covered for ten to fifteen minutes. Casseroles and vegetables need a shorter amount of standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges. The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminium foil.

Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, reduce the conventional cooking time to one quarter or a third.
e.g. A chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on a medium power in your microwave oven.
Use similar microwave recipes to help you adapt conventional recipes. Remember it is always best to undercook a recipe and then add an extra minute or two to finish it off.
Here are some other tips that may help:

- Reduce liquids in a conventional recipe by one half to two thirds. e.g. 1 cup (250 ml) should be reduced to $^1/_2$ cup (125 ml).
- Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
- Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
- Do not salt meats, poultry or vegetables before cooking otherwise they will toughen and dry out.
- If one ingredient takes longer to cook than the others, precook it in the microwave oven first. Onion, celery and capsicum (green/red peppers) are examples.
- If meat or vegetables are not being browned before cooking, omit any oil or fat that would have been used for browning.
- Reduce leavening agents for cakes by one quarter and increase liquids by one quarter.
- Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar, and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
- Since microwaves penetrate foods about two centimeters from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
- Items with a lot of water, such as rice or pasta, cook in about the same time as they would on a conventional stove. (Refer to Rice and Pasta chapter.)

Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked soufflés or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven.

Reheating by Combination / Grill

Times will vary depending on starting temperature and quantities of food.

Food	Combination or Grill Setting	Cooking Time (in minutes)
BREAD & PASTRIES		
Fresh part baked bread rolls	Combination 6	10 - 12
Fresh garlic bread	Combination 6	8 - 10
Frozen garlic bread	Combination 6	10 - 12
Blueberry muffins (4)	Combination 6	8 - 10
Jam Donuts (6)	Combination 6	6 - 8
Frozen apple pie (500 g)	Combination 6	25 - 30
Frozen apricot danish (400 g)	Grill 1	15 - 20
Croissants (4)	Grill 1	5 - 7
CHICKEN		
Place on Low Rack, place small items on a heat proof plate.		
Chicken kiev (2)	Combination 6	20 - 25
Chicken nuggets (325 g)	Combination 6	12 - 15
Crumbed chicken pieces (500 g)	Combination 6	20 - 25
FROZEN CONVENIENCE FOODS		
Pizza (400 g)	Grill 1	10 - 15
Lasagna (400 g)	Combination 6	20 - 25
Crumbed fish (350 g)	Combination 6	15 - 20
Fish finger (8)	Grill 1	6 - 8
Chicken chippies (350 g)	Combination 6	20 - 25
Chips (350 g)	Combination 6	15 - 20
Potato gems (350 g)	Combination 6	10 - 15
Pommes noisettes (325 g)	Combination 6	10 - 15
Frozen pastries, pies and quiches		
Party meat pies (12)	Combination 6	15 - 20
Individual meat pie (4)	Combination 6	15 - 20
Sausage rolls (2)	Combination 6	10 - 15
Quiche (600 g)	Combination 6	15 - 20

Examples of Foods to Cook by Combination Mode

Combination Setting	Foods Suitable	Oven Temperature	Micro Power Level
COMB 1	Casseroles, pot roasts, meat loaves, corned meat	150°C	MEDIUM - LOW
COMB 2	Quiche, baked custards, rice pudding	160°C	LOW
COMB 3	Cakes, self saucing pudding, layered slices, apple pie	180°C	MEDIUM
COMB 4	Singe layer slice, light cakes, roast lamb	190°C	MEDIUM - LOW
COMB 5	Roast pork, roast beef, jacket potato, turkey, duck, garlic bread, chicken pieces casseroles, lasagne, reheating sweet/savoury pies, reheating muffins	200°C	MEDIUM - LOW
COMB 6	Pastries, bread, grilling sausages and rissoles, whole chicken, chicken pieces, pizzas, reheating croissants	230°C	LOW

Cheesy Ham Omelette

Boiled Egg

Eggs cooked in their shells in a microwave oven can, and often do, explode due to the build up of internal pressure. However, by following the instructions given here, you can boil an egg successfully. Just take care to use foil as instructed below.

Ingredients:

1	egg (medium size)	1
1/2 cup	hot water	125 ml
	aluminium foil	

Method:
Wrap egg totally in aluminium foil. There should be no egg showing. Place egg in a 1-cup (250 ml) glass jug with 1/2 cup (125 ml) hot water. Cook on HIGH
— For soft boiled 4 to 5 minutes.
— For hard boiled 5 to 6 minutes.
Allow to stand in the cooking water 2 minutes for soft boiled and 5 minutes for hard boiled before serving.
Tip: While microwaving boiled eggs does not save your time, it does save your electricity and, best of all, washing up. All you have to do if you want more than one egg, is use a larger dish, more water (say, two cups) and cook a little longer (an extra 2 to 4 minutes).

Scrambled Eggs

Serves: 2

Ingredients:

4	eggs (medium size)	4
4 tablespoons	milk	60 ml
	pinch of salt	

Method:
In a 1-litre casserole dish, beat eggs lightly with a whisk. Add milk and salt and whisk until well combined. Cover dish with plastic wrap and cook on MED HIGH for 1 1/2 to 2 minutes. Stir eggs and cook for a further 1 1/2 to 2 minutes. Stand covered for 1 minute before serving.

Cheesy Ham Omelette

Serves: 1 to 2

Ingredients:

3	eggs, separated	3
2 tablespoons	milk	30 ml
	salt and pepper	
1/4 cup	grated cheese	60 ml
50 g	ham, cut into strips	50 g
1	shallot (spring onion), finely sliced butter for greasing	1

Method:
Beat egg yolks, with milk and salt and pepper in a bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and shallot (spring onion). Place onto a well greased dinner plate.
Cook on MEDIUM for 4 to 5 minutes.
Stand for 2 minutes before folding in half to serve.

Poached Eggs

Serves: 2

Ingredients:

2	eggs (medium size)	2
1/2 cup	hot tap water	125 ml
	dash of vinegar	
	pinch of salt	

Method:
Place one quarter of a cup (60 ml) of water, dash of vinegar and pinch of salt into 2 ramekin dishes or small glass bowls. Cook water on HIGH for 1 1/2 minutes. Break egg into boiling water and with a toothpick pierce egg yolk twice and egg white several times. Cover dish with plastic wrap and cook on MED HIGH for 60 seconds for runny yolks and 1 minute 30 seconds for medium yolks. Stand covered for 1 minute before serving.
Note: The size of the egg will alter cooking time.

Granola Cereal

Makes: approximately 4 cups

Ingredients:

2 cups	oats	500 ml
2/3 cup	chopped nuts	165 ml
1/3 cup	wheat germ	85 ml
1/4 cup	brown sugar	60 ml
1/4 cup	honey	60 ml
1 teaspoon	vanilla essence	5 ml
1/3 cup	raisins	85 ml
1/3 cup	coconut	85 ml

Method:
Place oats in a 2-litre casserole dish, cook on HIGH for 2 to 3 minutes, stirring twice. Add nuts, wheat germ, and brown sugar. Stir in honey and vanilla. Cook on HIGH for 3 to 5 minutes, stirring twice during cooking. Add raisins and allow to cool, stir to crumble mixture. Store in an airtight container.

Bacon

Serves: 1 to 2

Ingredients:

2	rashers of bacon	2

Method:
Place rashers between two sheets of paper towel on a dinner plate. Cook on HIGH for 2 to 3 minutes.

Porridge

Serves: 1

Ingredients:

1/4 cup	quick cooking oats	60 ml
2/3 cup	water	165 ml
1/4 teaspoon	salt	1 ml

Method:
Combine all ingredients in a breakfast bowl. Cook on HIGH for 1 to 2 minutes, stirring halfway through cooking. Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

Hot Lemon and Honey Drink

Makes: 1

Ingredients:

	juice of 1/2 lemon	
1 tablespoon	honey	15 ml
3/4 cup	water	190 ml

Method:
Mix all ingredients in a 2-cup (500 ml) heatproof jug. Cook on HIGH for 2 to 3 minutes. Stir well.

Tea

Serves: 1

Ingredients:

3/4 cup	hot tap water	190 ml
1	tea bag	1

Method:
Pour water into a heatproof cup. Cook on HIGH for 1 to 2 minutes. Submerge tea bag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar if desired. Stir.

Coffee

Serves: 1

Ingredients:

3/4 cup	water	190 ml
1 to 2 teaspoons	instant coffee	5 to 10 ml

Method:
Pour water into a heatproof cup. Add coffee. Stir. Cook on HIGH for 1 to 2 minutes. Add milk and sugar if desired. Stir.

Hot Cocoa

Makes: 1 cup (250 ml)

Ingredients:

2 teaspoons	cocoa powder	10 ml
1 teaspoon	sugar	5 ml
2 tablespoons	water	30 ml
3/4 cups	milk	190 ml

Method:
Combine cocoa, sugar and water in a heatproof cup. Cook on HIGH for 10 to 15 seconds. Stir in milk. Cook on MED HIGH for 1 to 2 minutes.

Muesli

Makes: 4 cups (1 litre)

Ingredients:

1/3 cup	honey	85 ml
2 tablespoons	butter	30 ml
2 cups	rolled oats	500 ml
1/2 cup	unprocessed bran	125 ml
1/2 cup	shredded coconut	125 ml
1/3 cup	nuts, chopped	85 ml
1/3 cup	sunflower seeds	85 ml
1/2 cup	dried mixed fruit	125 ml

Method:
Warm honey and butter in a large dish on HIGH for 1 to 1 1/2 minutes. Add dry ingredients and mix well. Cook on HIGH for 5 to 6 minutes, stir halfway through cooking. Stir in dried fruit and allow to cool completely before storing in an airtight container.

Boiled Rice

Serves: 4

Ingredients:

1 cup	long grain rice	250 ml
1 1/2 cups	hot tap water	375 ml

Method:
Place all ingredients in a 3-litre dish. Cook uncovered on HIGH for 10 to 12 minutes. Stand covered for 10 minutes. Drain and serve.
Tip: If desired, a dash of salt may be added.

Boiled Brown Rice

Serves: 3 to 4

Ingredients:

1 cup	brown rice	250 ml
4 cups	boiling water	1 litre

Method:
Place all ingredients in a 4-litre dish. Cook uncovered on HIGH for 22 to 25 minutes. Stand covered for 10 minutes. Drain and rinse under hot water.
Tip: If desired, a dash of salt may be added.

HINT:
To reheat pouring custard: Place 600 ml in a litre jug and cook on HIGH for 2 to 3 minutes, stirring once.

Gravy

Makes: 2 cups (500 ml)

Ingredients:

2 tablespoons	dripping or pan juices	30 ml
1	small onion, finely chopped	1
2 tablespoons	flour	30 ml
1 tablespoon	tomato paste	15 ml
1 1/2 cups	beef stock	375 ml
	salt and pepper	

Method:
Place dripping or pan juices and onion in a 2-cup (500 ml) jug. Cook on HIGH for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well and cook on HIGH for 2 minutes. Add remaining stock, stir well and cook on HIGH for a further 2 minutes. Season with salt and pepper. Serve with the meat of your choice.

Basic White Sauce

Makes: 1 cup (250 ml)

Ingredients:

2 tablespoons	butter	30 ml
	salt and white pepper	
2 tablespoons	milk	30 ml
1 1/4 cups	flour	210 ml

Method:
Place butter in a 4-cup (1 litre) jug. Cook on HIGH for 30 to 40 seconds. Stir in flour, salt and pepper. Gradually add milk, stirring until smooth. Cook on HIGH for 3 to 4 minutes, stirring twice.
Tip: For cheese sauce, stir in 1/2 cup (125 ml) grated cheese once sauce has thickened.

Pasta

Serves: 1 to 2

Ingredients:

125 g	dried pasta	125 g
4 cups	hot tap water	1 litre

Method:
Place pasta and water in a 2 to 3 litre casserole dish. Cook uncovered on HIGH for 6 to 8 minutes. Allow to stand for 3 to 5 minutes before draining.

HINT:
To reheat filtered coffee: Keep a jug in the refrigerator for fresh coffee at any time. Reheat 1 mug for 1 1/2 to 2 minutes on HIGH power.

Vegetable Soup

Serves: 4 to 6

Ingredients:

500 g	prepared vegetables of your choice (carrots, turnips, celery, etc.) finely chopped	500 g
1	onion, chopped	1
2 tablespoons	butter	30 ml
2 tablespoons	plain flour	30 ml
3 1/2 cups	chicken stock	875 ml
	salt and pepper	
3 tablespoons	parsley, chopped	45 ml

Method:
Place vegetables, except onion, in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Set aside. Place onion and butter in a 4-cup (1 litre) jug and cook on HIGH for 2 to 3 minutes. Add flour to onion mixture and mix well. Gradually add 1 cup (250 ml) of stock. Stir well. Cook on HIGH for 3 minutes, stirring halfway through cooking. Add remaining stock and onion mixture to vegetables in casserole dish. Cook on HIGH for 12 to 14 minutes. Season with salt and pepper and serve, sprinkled with chopped parsley.

Baked Custard

Serves: 4 to 5

Ingredients:

425 ml	milk	425 ml
3	eggs, lightly beaten	3
1/4 cup	sugar	60 ml
1 teaspoon	vanilla essence	5 ml
	pinch ground nutmeg	

Method:
Place milk in a 4-cup (1 litre) glass jug. Cook on HIGH for 2 minutes. Add eggs, sugar and vanilla to milk, whisking all the time. Strain mixture into a 20 cm round dish, sprinkle with nutmeg. Cook on MED LOW for 14 to 16 minutes. Stand covered for 5 minutes before serving.

Popcorn

Serves: 2 to 4

Ingredients:

2 teaspoons	butter	10 ml
3 tablespoons	popping corn	45 ml

Method:
Place all ingredients in a loosely twisted oven bag. Place oven bag on an inverted microwave-safe plate. Cook on HIGH for 2 minutes. Remove from bag and serve sprinkled with salt.

Packet Cake

Serves: 4 to 6

Ingredients:
1 packet cake mix (340 g)
ingredients as recommended by manufactures

Method:
Mix cake and other ingredients with a metal spoon. DO NOT OVERHEAT. Pour into 20 cm round dish that has been lightly greased and lined. Cook on MEDIUM for 6 to 8 minutes. Stand and allow to cool before removing.

Variations:
1 tablespoon (15 ml) jam added to batter before cooking.

Add 1 cup (250 ml) sour cream to batter and half water suggested by manufacturer.

Half a cup (125 ml) chopped nuts, 1/4 cup (60 ml) brown sugar and 1 teaspoon (5 ml) cinnamon. Mix and place on base of cake dish before cooking cake.

2 tablespoons (30 ml) honey and 30 g butter melted in glass jug, cook on HIGH for 30 to 60 seconds. Pour over just baked butter cake. Sprinkle with cinnamon. Serve warm with cream or custard as a dessert or cold with cream as a tea cake.

A quarter of a cup (60 ml) toasted muesli mixed with 1 tablespoon (15 ml) marmalade placed in the base of the dish.

Tip: Packet cakes are best mixed by hand as the microwaves will do the aerating.

HINT:
When heating 100 g baby food, select HIGH for 15 to 30 seconds, depending on the amount of food or liquid and the starting temperature of it. Test temperature before serving or further heating.

HINT:
To remove oven odours, combine 1/2 teaspoon vanilla essence with 1 cup water in a small bowl and heat on HIGH 4 to 5 minutes. Wipe oven interior with a damp cloth.

Pea and Ham Soup

Serves: 6 to 8

Ingredients:

500 g	split peas	500 g
2 cups	water	500 ml
500 g	ham or bacon bones	500 g
1	bay leaf	1
3 cups	water, extra	750 ml
2	rashers bacon, rind removed	2
1	medium sized carrot, peeled and diced	1
1	large onion, peeled and diced	1
1/2 teaspoon	thyme	2 ml
6 cups	chicken or bacon stock	1,5 litre

Method:

Soak peas in 2 cups (500 ml) of water for at least 1 hour. Drain. Place peas and 3 cups (750 ml) of fresh water in a 4-litre casserole dish with bones and bay leaf. Cook covered on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 20 to 25 minutes. Remove meat from bones and set aside. Discard bay leaf. Place bacon between 2 sheets of paper towel on a dinner plate and cook on HIGH for 1 to 2 minutes. Crumble bacon with your fingers. Place meat from bones, carrot and onion in a small dish and cook on HIGH for 2 minutes. Add vegetables, bacon, thyme and stock to split peas. Cook on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 15 minutes. Serve hot in individual bowls.

French Onion Soup G

Serves: 8

Ingredients:

30 g	butter	30 g
750 g	onions, peeled and thinly sliced	750 g
2 tablespoons	flour	30 ml
4 cups	beef stock	1 litre
1/2 cup	white wine	250 ml
	freshly ground black pepper	
1	small French stick, cut into 12 slices	1
125 g	grated Swiss cheese	125 g

Method:

Place butter in a 3-litre casserole dish. Cook on HIGH for 1 minute. Add onions and cook on HIGH for 6 to 8 minutes. Add flour, stir well and cook on HIGH for 1 minute. Gradually stir in stock, wine and black pepper. Cook on HIGH for a further 10 to 12 minutes. Preheat oven to Grill 1. Place slices of bread on Spatter Shield and Oven Pan and cook for 1 for 1 to 2 minutes. Place bread on top of soup and sprinkle with cheese. Cook on Grill 1 for 2 to 4 minutes or until cheese is melted and is slightly golden.

Tomato Bacon Soup R

Serves: 4 to 6

Ingredients:

4	rashers bacon, chopped	4
1	onion, chopped	1
840 g can	tomatoes	840 g can
2 tablespoons	tomato paste	30 ml
2 cups	chicken stock	500 ml
1 teaspoon	oregano	5 ml
	pepper	

Method:

In a 4-litre dish place bacon and onion. Cook on HIGH for 2 to 3 minutes. Add tomatoes, chicken stock, oregano and pepper. Cook on HIGH for 7 to 9 minutes. Stir. Cook on HIGH for 7 to 9 minutes. Puree. Serve in individual bowls.

Mushroom Soup

Serves: 4

Ingredients:

1 tablespoon	butter	15 ml
250 g	mushrooms, sliced	250 g
1 tablespoon	flour	15 ml
2 cups	chicken stock	500 ml
1/4 cup	white wine	60 ml
1 teaspoon	mustard	5 ml
1/2 cup	cream	125 ml

Method:

Place butter and mushrooms in a 2-litre casserole dish. Cover and cook on HIGH for 5 minutes. Add flour, stock, wine, mustard and cream to mushrooms and mix well. Cover and cook on HIGH for 6 to 8 minutes, stirring halfway through cooking. This soup can be puréed if preferred.

Croutons G

Serves: 4 to 6

Ingredients:

2 tablespoons	butter	30 ml
6	slices bread, crusts removed	6
1 teaspoon	mixed herbs (optional)	5 ml

Method:

Melt butter on HIGH for 1 minute. Cut bread into 1 cm cubes. Combine melted butter and herbs, pour over bread cubes. Mix well and place on a Tray. Preheat oven to Grill 1. Cook for 5 to 6 minutes, turning halfway through cooking.

Pumpkin Soup

Pumpkin Soup R

Serves: 2 to 4

Ingredients:

1 kg	pumpkin, chopped and peeled	1 kg
1	onion, diced	1
2 cups	chicken stock	500 ml
1 teaspoon	curry powder	5 ml
	pepper	

Method:

Place pumpkin and onion in a 2-litre casserole dish. Cover and cook on HIGH for 15 minutes. Add chicken stock, curry powder and pepper. Cook on HIGH for 15 minutes. Cool slightly. Purée pumpkin and liquid in a blender or food processor. Pour into individual serving dishes and garnish with chives.

HINT:
To make croutons by microwave: Remove crusts from 3 slices of bread and cut into cubes. Place in a Pyrex bowl with 1 tablespoon of butter and cook on HIGH for 2 to 3 minutes.

Potato and Leek Soup

Serves: 4 to 6

Ingredients:

4	large potatoes, peeled, thinly sliced	4
1 1/2 cups	thinly sliced leeks	375 ml
2 teaspoons	dried thyme	10 ml
2 cups	hot chicken stock	500 ml
1 tablespoon	flour	15 ml
	salt and pepper	
1 1/2 cups	cream	375 ml

Method:

Place potatoes, leeks, thyme and chicken stock in a 3-litre casserole dish. Cover and cook on HIGH for 10 to 12 minutes. Cool slightly. Puree potato mixture in a food processor or blender, adding flour, salt, pepper and cream. Return to dish. Cook on MED HIGH for 4 to 6 minutes. Serve hot, in individual bowls.

Garlic Bread G

Makes: 4

Ingredients:

40 g	butter	40 g
1 teaspoon	minced garlic	5 ml
1 tablespoon	chopped parsley	15 ml
2	bread rolls, halved	

Method:

Combine butter, garlic and parsley in a small bowl. Spread onto halved bread rolls. Preheat oven to Grill 1. Place on the Spatter Shield and Oven Pan and cook for 3 to 4 minutes.

Crispy Foccacia Fingers G

Serves: 2 to 4

Ingredients:

1	Foccacia bread	1
50 g	butter, softened	50 g
1 tablespoon	mixed herbs	15 ml

Method:

Cut foccacia through the centre, then cut into 2 cm thick strips and cut each strip in half. Spread foccacia bread with combined butter and herbs. Preheat oven to Grill 1. Place on Spatter Shield and Oven Pan and cook for 4 to 6 minutes or until crisp and browned.

Potato and Corn Soup

Serves: 6 to 8

Ingredients:

6	rashers bacon, rind removed	6
1	onion, thinly sliced	1
500 g	potatoes, peeled and diced	500 g
4 cups	chicken stock	1 litre
1 can (440 g)	creamed corn	1 can (440 g)
2 tablespoons	flour, mixed with a little stock	30 ml
1/2 teaspoon	thyme	2 ml
	salt and pepper	

Method:
Chop bacon and place in a 4-litre dish. Cook on HIGH for 4 to 6 minutes. Remove bacon from dish, and set aside. Add onion and potatoes to dish and cook on HIGH for 8 to 10 minutes. Add stock and cook on HIGH for a further 8 to 10 minutes. Mix flour with 2 tablespoons of stock and add to dish with corn, thyme and bacon. Cook on HIGH for 4 to 6 minutes. Stir halfway through cooking. Season with salt and pepper.

Crab and Corn Soup

Serves: 4 to 6

Ingredients:

1 tablespoon	oil	15 ml
1	onion, finely chopped	1
425 ml	boiling chicken stock	425 ml
1 can (300 g)	creamed corn	1 can (300 g)
	salt and pepper	
1 can (170 g)	crabmeat, drained	1 can (170 g
150 ml	milk	150 ml
3 tablespoons	cream	45 ml
	chopped parsley for garnish	

Method:
Place oil and onion in a 3-litre casserole dish. Cover and cook on HIGH for 2 to 4 minutes. Add chicken stock, corn, salt and pepper. Cook on HIGH for 5 minutes. Add crabmeat and milk and mix well. Cook on HIGH for 3 minutes. Stir in cream and sprinkle with parsley. Serve.

Macaroni and Cheese G

Serves: 4 to 6

Ingredients:

60 g	butter	60 g
1	onion, finely chopped	1
2 tablespoons	flour	30 ml
2 cups	milk	500 ml
1 cup	grated tasty cheese	250 ml
6 cups	cooked macaroni, drained well	1,5 litre
1/2 cup	extra grated tasty cheese	125 ml
	paprika	

Potato and Corn Soup

Method:
Place butter and onion in a 2-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add flour, mix well and cook on HIGH for 1 minute. Blend in milk and cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Add cheese and macaroni and pour into a deep 20 cm round dish. Top with extra cheese and sprinkle with paprika. Preheat oven to Grill 1. Cook for 5 to 7 minutes or until cheese starts to melt.

Mini Quiches C

Makes: 45

Ingredients:

3	sheets ready rolled short crust pastry	3
1	egg, beaten	1
1/2 cup	milk	125 ml
60 g	bacon, rind removed, bacon chopped	60 g
1	small onion, finely chopped	1
	salt and pepper paprika	

Method:
Preheat oven to 180°C. Cut pastry with a scone cutter and fit into 6 cm diameter patty tins. Beat together eggs and milk and add remaining ingredients except paprika. Place a tablespoonful of filling into each case. Sprinkle with paprika. Cook on 180°C for 15 to 20 minutes.

HINT:
To reheat single portion of soup: Place in microwave safe dish and cook on HIGH for 2 to 3 minutes, stirring.

Terrine de Pork

Serves: 6 to 8

Ingredients:

1 kg	pork, cut into 2.5 cm cubes	1 kg
125 g	pork fat, cut into 2.5 cm cubes	125 g
1	egg, lightly beaten	1
2 teaspoons	mixed herbs	10 ml
1 tablespoon	chopped parsley	15 ml
1	onion, finely chopped	1
	freshly ground black pepper	
6	rashers bacon, rind removed	6

Method:

Feed pork and fat gradually into a food processor until finely minced. Combine meat with egg, herbs, parsley, onion and pepper. Line a 2-litre rectangular dish with bacon rashers. Firmly pack meat into bacon lined dish and fold bacon ends over top of meat.

Cook on MED HIGH for 30 to 35 minutes. Stand to cool with a heavy weight on top. Serve cold, sliced, with bread or salad.

Nachos Supreme G

Serves: 4 to 6

Ingredients:

500 g	topside mince	500 g
1	onion, chopped	1
35 g	packet Taco seasoning mix	35 g
1 can (140 g)	tomato paste	1 can (140 g)
1 teaspoon	Mexican chilli powder	5 ml
1 can (310 g)	red kidney beans with liquid	1 can (310 g)
180 g	packet corn chips	180 g
1	avocado	1
1/2 cup	sour cream	125 ml
1/2 cup	grated cheese	125 ml
	paprika	

Method:

Place meat and onion in a 2-litre dish. Cover and cook on MED HIGH for 4 minutes. Mix with a fork breaking up any large pieces of meat. Add taco mix, tomato paste, chilli powder and kidney beans. Cook on MED HIGH for a further 10 to 15 minutes, stirring halfway through cooking. Place corn chips in a 3-litre microwave suitable serving dish. Pile meat sauce in the centre. In a small bowl, mash avocado and mix in sour cream. Spoon this mixture over meat sauce and top with grated cheese. Sprinkle on paprika. Preheat oven to Grill 1. Cook for 4 to 6 minutes.

Savoury French Sticks MC

Makes: 2

Ingredients:

2	short French sticks	2
1	small onion, chopped	1
2	rashers bacon, rind removed and bacon chopped	2
200 g	smooth ricotta cheese	200 g
4	eggs	4
1 cup	grated tasty cheese	250 ml
1/2 teaspoon	mixed dried herbs	2 ml
	cayenne pepper	

Method:

Cut sticks in half lengthwise. Scoop out the centers, leaving a small border. Place onion and bacon into a 2-litre dish and cook on HIGH for 2 to 3 minutes. Beat together cheeses, eggs and herbs. Add to onion mixture, combine well. Place rolls onto a flat plate and fill with egg mixture.

☛ **To Cook by Microwave:** Cook on MED HIGH for 6 to 8 minutes, rearrange rolls halfway through cooking.

or

☛ **To Cook by Combination:** Cook on Combination 6 for 10 to 15 minutes.

Serve warm or allow to cool and slice as a snack.

Nuts and Bolts

Serves: 6 to 8

Ingredients:

60 g	butter	60 g
1/2 teaspoon	curry powder	2 ml
2 tablespoons	Worcestershire sauce	30 ml
1/2 teaspoon	salt	2 ml
1/4 teaspoon	garlic powder	1 ml
125 g	packet mixed rice crackers	125 g
200 g	salted peanuts	200 g
125 g	packet pretzel sticks	125 g
1 cup	Nutri- Grain	250 ml

Method:

Place butter, curry, Worcestershire sauce, salt and garlic powder in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining ingredients, mix well and cook on HIGH for 5 to 6 minutes, stirring twice through cooking. Serve in a bowl with drinks.

HINT:

To reheat croissant: Wrap in paper towel (and place on a dinner plate) cook on HIGH for 15 to 30 seconds.

For a crispy croissants, place on High Rack and cook on Grill 1 for 3 to 5 minutes.

Quiche Lorraine C

Serves: 4 to 6

Ingredients:

Pastry:

1 1/4 cups	self-raising flour	210 g
	pinch of salt	
80 g	butter	80 g
2 tablespoons	water	30 g
2 teaspoons	lemon juice	10 ml
1	egg yolk	

Filling:

4	rashers bacon, rind removed and bacon chopped	4
1/2 cup	grated tasty cheese	125 ml
3	eggs	3
350 ml	cream or evaporated milk	350 ml
1/4 teaspoon	nutmeg	1 ml

Method:

Pastry:

Sift flour with salt. Rub butter into flour until it resembles fine breadcrumbs. Add water, lemon juice and egg yolk. Mix well. Turn onto a lightly floured board and knead lightly. Roll out pastry to fit a 23 cm pie plate. Prick thoroughly. Chill for 30 minutes. Preheat oven to Convection 220°C. Bake blind for 15 to 20 minutes on Convection 220°C. Allow to cool slightly.

Filling:

Place bacon between two sheets of paper towel on a dinner plate. Cook on HIGH for 2 to 3 minutes. Sprinkle bacon and cheese on cooked pie shell. Beat eggs, cream or evaporated milk and nutmeg and pour over bacon and cheese. Bake at 180°C for 25 to 30 minutes.

Frankfurters

Serves: 5

Ingredients

10	frankfurters	10
1/4 cup	water	60 ml

Method:

Place frankfurters in a 2-litre casserole dish. Make a few slits in each frankfurter. Add water to dish. Cover dish with a lid or plastic wrap. Cook on HIGH for 4 to 5 minutes.

Tip: To cook one frankfurter, prick and place on a dinner plate. Cook on HIGH for 30 to 40 seconds.

Stuffed Capsicum

Serves: 4

Ingredients:

4 capsicum	tops removed and seeded	4 capsicum
1 cup	risoni pasta, cooked	250 ml
1 cup	corn	250 ml
3	shallots, chopped	3
1/2 teaspoon	dried mixed herbs	2 ml
1/4 cup	sundried tomatoes, chopped	60 ml
1/4 cup	cream	60 ml

Topping:

1/2 cup	grated cheese	125 ml
2 Tablespoon	chopped parsley	30 ml

Method:

Cook capsicums in a 2-litre covered casserole dish on high for 6 to 8 minutes. Drain off excess water. Combine pasta, herbs, shallots, corn, sundried tomatoes and cream. Mix well. Fill capsicums. Top with grated cheese and parsley Cook, uncovered, on high HIGH for 3 to 5 minutes. Serve sprinkled with paprika.

Roasted Nuts

Serves: 2 to 4

Morish with drinks

Ingredients:

1 cup	raw peanuts (with or without skins, and unsalted)	250 ml
2 teaspoons	salad oil	10 ml
	salt to taste	

Method:

Place peanuts in a single layer on a pie plate. Cook on HIGH for 4 to 6 minutes, stirring every 2 minutes during cooking until golden brown. Drizzle nuts with oil and sprinkle with salt. Stir well. Cook on HIGH for 30 to 40 seconds. Stir. Serve hot or cold in a small bowl.

HINT:
To toast 1 cup almonds place onto a plate and heat on HIGH for 2 to 3 minutes, stirring every minute.

Lemon Pepper Chicken Wings

Mini Pizza G

Serves: 2 to 4

Ingredients:

4	small round pita breads	4
1/3 cup	prepared pesto sauce	85 ml
1	tomato, chopped	1
1/2 cup	sliced salami	125 ml
3/4 cups	grated mozzarella	190 ml

Method:

Place pita bread onto a dinner plate. Spread each pita bread with pesto sauce, then top with remaining ingredients. Preheat oven to Grill 1. Cook for 8 to 10 minutes.

Cheese Straws C

Makes: 36

Ingredients:

1	sheet ready rolled puff pastry sheets	1
1	egg, lightly beaten	1
1/3 cup	Parmesan cheese	85 ml
1/2 teaspoon	paprika	125 ml

Method:

Preheat oven to 200°C. Cut each pastry sheet into equal strips (approx. 1 cm wide) cut in half lengthwise. Twist pastry strips and place on a round greased baking tray. Brush pastry with egg. Mix cheese and paprika together and sprinkle over each twist. Cook on 200°C for 10 to 12 minutes or until golden.

Lemon Pepper Chicken Wings G

Serves: 4

Ingredients:

1/3 cup	lemon juice	85 ml
1/4 cup	olive oil	60 ml
2	cloves garlic, crushed	2
1 teaspoon	whole grain mustard	5 ml
2 tablespoons	chopped parsley	30 ml
1 teaspoon	cracked or coarsely ground black peppercorns	5 ml
500 g	chicken wings	500 g

Method:

Combine first six ingredients. Place chicken in a flat dish and pour over remaining combined ingredients. Marinate over night or for at least three hours. Preheat oven to Grill 1. Cook for 20 to 25 minutes, turning once during cooking.

Pâté

Makes: 2 cups (500 ml)

Ingredients:

2	rashers bacon, rind removed and bacon chopped	2
1	small onion, finely chopped	1
1	clove garlic, crushed	1
125 g	butter	125 g
375 g	chicken livers, trimmed and cut in half	375 g
1/2 teaspoon	pepper	2 ml
2 tablespoons	brandy	30 ml
2 tablespoons	sour cream	30 ml

Method:

Place bacon, onion, garlic and butter into a 1-litre casserole dish. Cook on HIGH for 4 to 5 minutes. Add chicken livers and pepper to mixture. Cover and cook on MEDIUM for 6 to 7 minutes, stirring halfway through cooking. Set aside and allow to cool. Place cooled mixture in a blender or food processor. Add brandy and sour cream and process until smooth. Pour into a 2-cup (500 ml) mould and refrigerate until set.

HINT:

To cook bacon rashers: Place between 2 sheets of paper towel on a pie plate and cook on HIGH for 2 to 3 minutes.

Spinach and Filo Pie C

Serves: 4 to 6

Ingredients:

1	bunch spinach	1
250 g	Fetta cheese	250 g
2	eggs	2
1/2 cup	cream	125 ml
1 tablespoon	flour	15 ml
1/2 teaspoon	nutmeg	2 ml
	ground black pepper	
1	clove garlic, crushed	1
4	sheets filo pastry	4
40 g	butter, melted	40 g
2 teaspoons	sesame seeds	10 ml

Method:
Wash spinach and remove leaves from stalks. Cut leaves finely and place into a 3-litre casserole dish. Cover and cook on HIGH for 3 to 5 minutes. Drain well. Crumble in Fetta cheese.
Preheat oven to 200°C. In a small bowl, beat eggs lightly and combine with cream, flour, nutmeg, pepper and garlic. Place spinach and cheese into a 23 cm pie dish, and pour over egg mixture. Fold one sheet of filo in half widthwise and lay over top of spinach mixture. Brush with melted butter and repeat method with remaining sheets of filo, brushing with butter between each layer of filo. Trim off excess filo around edges and press down at the sides of the dish. Brush with butter and sprinkle with sesame seeds. With a sharp knife cut a diamond pattern in top of filo pastry. Cook on Convection 200°C for 15 to 20 minutes.

Vegetable Bake

Serves: 4 to 6

Ingredients:

250 g	cauliflower, cut into florets	250 g
250 g	broccoli	250 g
3	carrots, sliced	3
1/4 cup	water	60 ml
1/2 cup	cottage cheese	125 ml
1	egg	1
1/2 cup	cream	125 ml
1/2 teaspoon	lemon pepper	2 ml
1/2 teaspoon	seasoned herbs	2 ml
1/2 cup	grated tasty cheese	125 ml

Method:
Place vegetables and water in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain well. Place remaining ingredients except tasty cheese in a bowl and mix well. Pour over vegetables. Sprinkle with tasty cheese and cook on MEDIUM for 10 to 12 minutes.

Spinach and Filo Pie

Zucchini Slice

Serves: 4 to 6

Ingredients:

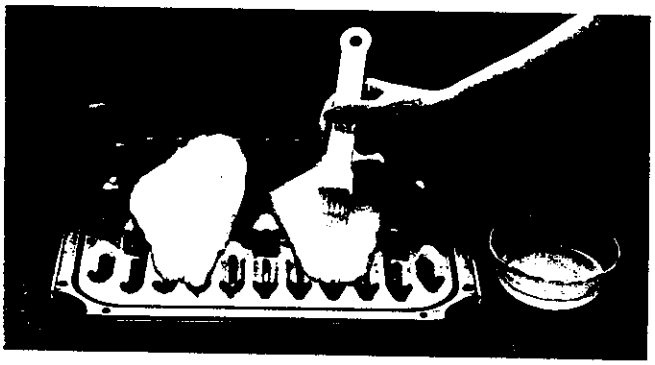
400 g	zucchini	400 g
1	small onion	1
4	bacon rashes, fat and rind removed	4
1 cup	grated cheese	250 ml
1 cup	flour	250 ml
1/4 cup	oil	60 ml
5	eggs	5
	salt and pepper to taste	

Method:
Preheat oven to 180°C. Grate zucchini. Finely chop onion and bacon, add to sifted flour, oil, beaten eggs and salt and poppers, mix well. Pour into a well greased lamington pan.
Bake in preheated oven for 30-35 minutes, or until golden brown.

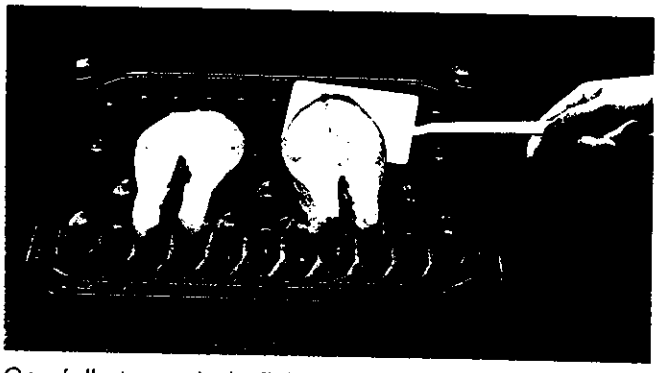
Fish and Shellfish

Directions for Grilling Fish and Shellfish

Place fish on Spatter Shield and baste with melted butter, margarine or oil before and during cooking. Basting will help prevent the fish from drying out.
Cook for the times recommended in the following chart.
Whole fish and fish steaks should be carefully turned over halfway through cooking.
The flesh of fish will flake easily when cooked. Seafood should be opaque.



Brush with melted butter.

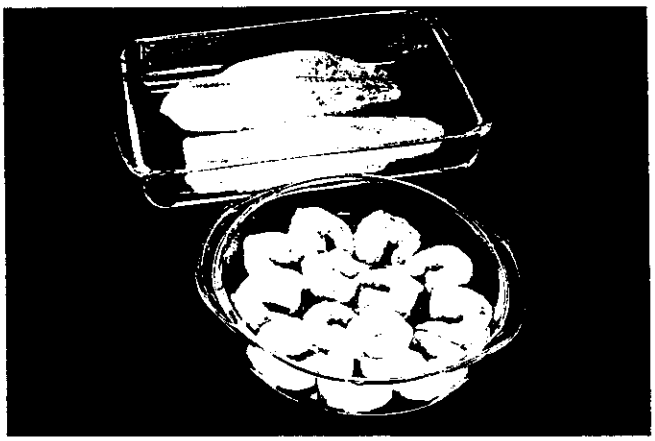


Carefully turn whole fish and steaks over halfway through cooking.

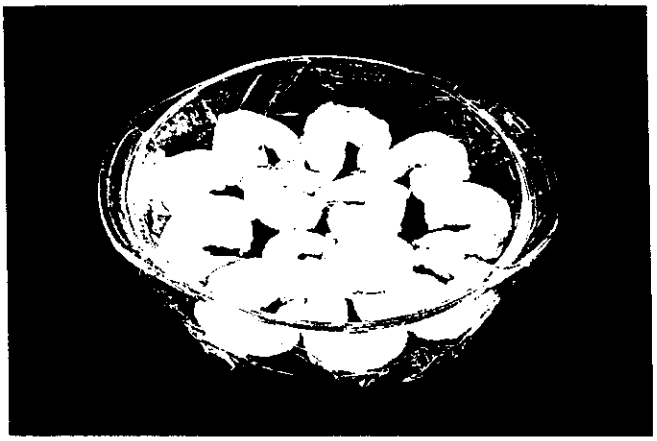
Fish and Shellfish Grilling Chart

Food	Grilling Setting	Approximate Cooking Time (in min.)
FISH		
Fillets:		
1 cm thick	Grill 2	10 - 12
1 1/2 cm thick	Grill 2	12 - 14
Steaks/Cutlets		
2 cm thick	Grill 2	16 - 18
WHOLE FISH		
250 g to 375 g	Grill 2	12 - 14
500 g	Grill 2	16 - 18
SHELLFISH		
Scallops		
Sea scallops 500 g	Grill 2	6 - 8
Prawns		
500 g	Grill 2	6 - 8

Directions for Cooking Fish and Shellfish by Microwave



Clean fish before starting the recipe. Arrange fish in a single layer, do not overlap edges. Prawns and scallops should be placed in a single layer.



To Cook by Time: Cover dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart below. Halfway through cooking rearrange or stir prawns or scallops.

Fish and Shellfish Chart for Microwave Cooking by Time

Fish or Shellfish	Amount	Power	Approximate Cooking Time (in minutes)
Fish fillets	500 g	MEDIUM	5 - 7
Scallops (sea)	500 g	MEDIUM	3 - 5
Prawns, medium size (shelled and cleaned)	500 g	MEDIUM	6 - 8
Whole fish (stuffed or unstuffed)	500 - 900 g	MEDIUM	6 - 8

Salmon Mornay G

Serves: 2

Ingredients:

40 g	butter	40 g
1	onion, diced	1
2 tablespoons	flour	30 ml
1 teaspoon	dried or fresh parsley	5 ml
1 tablespoon	pepper	15 ml
1/2 teaspoon	prepared mustard	2 ml
1/2 cup	milk	125 ml
1 can (440 g)	salmon	1 can (440 g)
3/4 cups	fresh breadcrumbs	190 ml
1/3 cup	grated cheese	85 ml

Method:

Place butter and onion in a 4-cup jug. Cook on HIGH for 1 minute. Add flour and cook on HIGH for 1 minute. Add parsley, pepper, mustard and gradually blend in milk. Cook on HIGH for 3 to 4 minutes, stir halfway through cooking. Lightly mix through salmon and liquid into sauce. Pour into a serving dish and top with breadcrumbs and cheese. Preheat oven to Grill 1. Cook on Grill 1 for 5 to 10 minutes.

Sweet Scallop Stir Fry

Serves: 2 to 4

Ingredients:

1 tablespoon	oil	15 ml
1	onion, quartered	1
1/2 teaspoon	crushed garlic	2 ml
1/2	large red capsicum, sliced	1/2
2	sticks celery, sliced	2
2 tablespoons	sliced water chestnuts	30 ml
100 g	snowpeas	100 g
1 tablespoon	honey	15 ml
1 tablespoon	sweet chilli sauce	15 ml
1 tablespoon	chopped mint	15 ml
500 g	scallops	500 g

Method:

Preheat a browning dish on HIGH for 4 to 5 minutes. Add onions and garlic and cook on HIGH for 1 to 2 minutes. Add remaining ingredients and cook on HIGH for 2 to 4 minutes, stir halfway through cooking. Serve immediately.

Cheesy Lobster Mornay

Salmon Pâté

Makes: 2 1/2 cups (625 ml)

Ingredients:

1 tablespoon	butter or margarine	15 ml
3	shallots (spring onions), sliced	3
1 tablespoon	plain flour	15 ml
1 teaspoon	prepared mustard	5 ml
	salt and pepper	
1/2 cup	sour cream	125 ml
1/4 cup	mayonnaise	60 ml
1/4 cup	white wine	60 ml
1 tablespoon	lemon juice	15 ml
1 can (440 g)	salmon, drained and bones removed	1 can (440 g)
1 tablespoon	gelatin	15 ml
1/4 cup	water	60 ml

Method:

Place butter or margarine and shallots (spring onion) in a 1-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, mustard, salt and pepper. Stir and cook on HIGH for 1 minute. Stir in sour cream, mayonnaise, wine, lemon juice and salmon. Purée mixture in a blender or food processor. Place gelatin and water in small dish and cook on HIGH for 20 to 30 seconds. Allow mixture to cool slightly. Stir into salmon mixture. Pour into a 2 1/2-cup (625 ml) mould and refrigerate until set.

Cheesy Lobster Mornay G

Serves: 2

Ingredients:

3 tablespoons	butter	45 ml
3 tablespoons	flour	45 ml
1 cup	milk	250 ml
1/2 cup	grated cheese	125 ml
1	cooked lobster	1
	juice of 1/2 lemon	
	pinch of paprika	
2 tablespoons	grated cheese, extra	30 ml

Method:

Melt butter on HIGH for 30 seconds in a 4-cup (1 litre) jug. Add flour, stir and cook on HIGH for 20 to 30 seconds, stirring halfway through cooking. Add milk gradually. Stir well. Cook on HIGH for 2 minutes, stirring halfway through cooking. Add cheese and mix well. Cut lobster in half lengthwise. Discard all inedible parts. Sprinkle each half of lobster with lemon juice. Spoon cheese sauce over lobster. Sprinkle with extra cheese and paprika. Preheat oven to Grill 1. Cook on Grill 1 for 5 to 6 minutes. Serve with lemon slices and parsley.

Salmon Cakes G

Serves: 4

Ingredients:

440 g	can salmon or tuna drained	440 g
1 cup	mashed potato	250 ml
1	egg, beaten	1
1 teaspoon	lemon juice	5 ml
1 tablespoon	lemon rind, grated	15 ml
1 tablespoon	parsley, finely chopped	15 ml
1	onion, finely chopped	1
	salt and pepper to taste	
1/4 cup	dry breadcrumbs	60 ml

Method:

Combine salmon, mashed potato, egg, lemon juice, rind, parsley, onion, salt and pepper. Shape into approximately 10 cakes. Roll cakes in dry breadcrumbs. Preheat oven to Grill 1. Cook for 10 to 12 minutes. Turn halfway through cooking.

Lemon Pepper Fish R

Serves: 2

Ingredients:

300 g	fish fillets	300 g
1/4 cup	lemon juice	60 ml
1 teaspoon	cracked black (ground) pepper	5 ml

Method:

Place fish, lemon juice and cracked black pepper in a 1-litre casserole dish. Cook on MEDIUM for 5 minutes. Allow to stand for 3 minutes before serving.

Seafood Marinara

Seafood Marinara

Serves: 4

Ingredients:

250 g	scallops	250 g
250 g	prawns, shelled and deveined	250 g
1	squid, (approx. 275 g) cleaned and sliced	1
2 tablespoons	butter	30 ml
1	clove garlic, crushed	1
2	tomatoes, peeled and chopped	2
1 tablespoon	tomato paste	15 ml
1/4 cup	white wine	60 ml
1 teaspoon	basil	5 ml
	pepper	
	chopped parsley	

Method:

Place cleaned seafood into a 2-litre dish. Set aside. Place butter and garlic in a 1-litre dish. Cook on HIGH for 30 seconds. Add remaining ingredients except seafood to dish and cook on HIGH for 5 minutes. Puree tomato mixture in a blender or food processor and pour over seafood. Cook on MED HIGH for 5 to 7 minutes. Stand for 5 minutes. Serve with pasta or salad.

Golden Wrapped Fish C

Serves: 4

Ingredients:

4	white fish fillets (500 g)	4
2 tablespoons	butter	30 ml
4	shallots (spring onions), finely sliced	4
150 g	mushrooms, finely sliced	150 g
	salt and pepper	
4	sheets ready rolled puff pastry	4
1	beaten egg yolk for glazing	1
	sesame seeds	

Method:

Pat dry fillets with paper towel. Melt butter in a 2-litre casserole dish on HIGH for 1 minute. Add shallots and mushrooms and cook on HIGH for 1 to 2 minutes. Season with salt and pepper.
Preheat oven to 220°C. Lay each fillet in the centre of each sheet of pastry. Place 1 to 2 tablespoons of the filling over the top of each fish fillet. Fold sides of pastry to centre and press firmly together. Brush with egg yolk and sprinkle with sesame seeds. Make several slits in pastry and place on a lightly greased baking tray. Cook on Convection 220°C for 15 to 20 minutes.

Barbecue Fish Skewers G

Makes: 24 skewers

Ingredients:

1 kg	firm white fish fillets, cut into long thin strips	1 kg
	melted butter for brushing	

Marinade:

1/4 cup	lemon juice	60 ml
1 tablespoon	olive oil	15 ml
2 tablespoons	spring onions, chopped	30 ml
1 tablespoon	finely chopped dill	15 ml
	black pepper	

Method:

Place fish in a large mixing bowl. Mix all marinade ingredients until well combined. Pour marinade over fish and chill for 2 hours only. Thread fish onto skewers (similar to a snake shape). Preheat oven to Grill 1. Brush Spatter Shield with melted butter. Cook on Grill 1 for 8 to 12 minutes, turning halfway through cooking. Serve with Fragrant Coconut Rice, see page 75.

Tip: Half freeze fish before slicing so finer strips may be cut.

Oysters Kilpatrick G

Serves: 2

Ingredients:

12	oysters in shell, opened	12
2 teaspoons	lemon juice	10 ml
2 teaspoons	Worcestershire sauce	10 ml
	salt and pepper	
60 g	bacon, finely chopped	60 g

Method:
Place oysters in shell on a heatproof serving plate. Sprinkle each oyster with lemon juice and sauce. Season with salt and pepper. Sprinkle bacon over each oyster. Preheat oven to Grill 2. Cook for 6 to 8 minutes.
Tip: Serve with triangles of buttered brown bread.

Smoked Fish

Serves: 2 to 4

Ingredients:

2	medium sized smoked fish fillets (approx. 500 g)	2
1 tablespoon	butter, melted	15 ml
3 tablespoons	water	45 ml
	freshly ground black pepper	

Method:
Place all ingredients in a 3-litre casserole dish. Cover and cook on MEDIUM for 6 to 7 minutes or until cooked and fish flakes when tested with a fork.

Gingered Whole Fish R

Serves: 2

Ingredients:

400 g	whole bream	400 g
2 tablespoons	lemon juice	30 ml
2 tablespoons	soy sauce	30 ml
1 teaspoon	minced ginger	5 ml
3	shallots (spring onion), sliced	3

Method:
Place fish in a shallow casserole dish. Combine lemon juice, soy sauce, minced ginger and shallots (spring onion) in a 1-litre jug. Pour sauce mixture over fish. Cover and cook on MEDIUM for 5 to 6 minutes. Turn over and cover. Cook on MEDIUM for 5 minutes.

Garlic Prawns R

Serves: 2

Ingredients:

60 g	butter	60 g
1 teaspoon	minced garlic	5 ml
1 tablespoon	lemon juice	15 ml
1 tablespoon	parsley, chopped	15 ml
500 g	green prawns, peeled	500 g

Method:
Place butter and garlic in a 1-litre dish and cook on HIGH for 1 minute. Add lemon juice, parsley and prawns. Cook on MEDIUM for 6 to 7 minutes, stirring halfway through cooking. Serve in individual ramekins.

Whole Stuffed Fish

Serves: 2

Ingredients:

500 g	whole fish, cleaned and scaled (Bream or Snapper)	500 g
2 tablespoons	melted butter	30 ml
Stuffing:		
1 cup	fresh breadcrumbs	250 ml
4	shallots (spring onions), sliced	4
1 teaspoon	dried basil	5 ml
	juice of ½ lemon	
2 tablespoons	chopped parsley	30 ml
	freshly ground black pepper	

Method:
Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden skewers or string. Place fish on a ceramic rack in a 3-litre casserole dish and cook on MEDIUM for 6 to 8 minutes. Stand covered for 5 minutes before serving.

HINT:
When cooking a whole fish, remove or shield the eyes before cooking to prevent eyes exploding.

Cooking Meat & Poultry by Microwave

Oven Accessory: Glass Tray

Cooking
For best results, select roasts that are uniform in shape. Place meat on a microwave suitable rack in a rectangular dish. Beef rib roast should be placed cut-side down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts. Poultry may be stuffed or unstuffed. Tie chicken legs together with cotton string. Place on microwave rack set in a dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering.

Shielding
Meats and poultry can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time. Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones. The shank, thin ends of boneless roasts should also be shielded. It may be necessary to shield legs, wings and the breast bone of chickens to prevent overcooking. Wooden toothpicks can be used to hold foil in place.

Chicken Pieces
Chicken pieces should be cooked with the thicker part to the outside of the dish and covered with waxed paper or paper towel during cooking, to prevent spattering.

Less Tender Cuts of Meat and Poultry
Less tender cuts of meat and poultry should be cooked in liquid such as soup or stock. Use 1/2 to 1 cup per 500 g meat and 1/4 to 1/2 cup per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole dish deep enough so that the meat does not touch the lid.

Oven Bags
If an oven cooking bag is used, prepare the bag according to package directions. Do not use wire or metal twist-ties. Use the nylon tie provided, otherwise use a piece of cotton string or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag to allow steam to escape. Multiply the weight of the roast by the minimum recommended minutes per 500 g. Program Power and Time. Turn meat over halfway through cooking.

Standing
Joints of meat and whole chickens must be left to stand for 10 to 15 minutes, wrapped in foil after cooking. This allows the internal temperature to equalise and makes the meat easier to carve.

Meat Chart for Microwave Cooking

Type and Cut	Power	Approximate Cooking Time (minutes per 500 g)
BEEF		
Roasts		
rare	MED HIGH	8 - 10
medium	MED HIGH	10 - 12
well	MED HIGH	12 - 14
Chuck, flank, brisket	MEDIUM	25 - 30
PORK		
leg of pork	MED HIGH	12 - 15
loin of pork	MED HIGH	12 - 15
pork chops	MED HIGH	6 - 8
ham canned (fully cooked)	MED HIGH	5 - 7
LAMB		
medium	MED HIGH	10 - 12
well	MED HIGH	12 - 15
CHICKEN		
whole (up to 2.8 kg)	MED HIGH	10 - 15
pieces	MED HIGH	8 - 10
Turkey	MED HIGH	10 - 15
Duck	MED HIGH	10 - 15

Grilling Meat & Poultry

Place meat and poultry on Spatter Shield. You may wish to marinate the meat before cooking or baste during grilling, following are some examples. Follow the guidelines in the chart below for recommended cooking times. Turn meat over halfway through the cooking time.

Oven Accessories: Oven pan and Spatter Shield.

Simple Bastes for Meat and Chicken:

Honey and Soy: 1 tablespoon soy sauce, 2 tablespoons honey and 1 tablespoon lemon juice, 1 teaspoon minced ginger

Barbecue: 2 tablespoons tomato sauce, 1 tablespoon chutney, 1 tablespoon worcestershire sauce

Lemon Mustard: 2 tablespoons oil, 2 teaspoons grainy mustard, 2 tablespoons lemon juice and 1 teaspoon dried thyme

Peanut: 2 tablespoons sour cream, 2 tablespoons crunchy peanut butter, 1 tablespoon lemon juice, 1 teaspoon minced garlic, 1 teaspoon minced ginger

Pepper: 1 tablespoon cracked black peppercorns, 1 tablespoon chopped fresh rosemary, 1/4 cup oil

Chilli and Lime: 1/4 cup lime juice, 1 teaspoon grated lime rind, 1 tablespoon honey, 1 teaspoon minced chilli, 2 tablespoons chopped coriander

Meat and Poultry Grilling Chart

Type and Cut	Grill Setting	Approximate Cooking Time (in mins.)
BEEF		
Hamburger		
well	Grill 1	14 - 16
Steak (approx. 3 cm thick)		
rare	Grill 1	10 - 12
medium	Grill 1	14 - 16
Steak (approx. 1 to 2 cm thick)		
rare	Grill 1	14 - 16
medium	Grill 1	16 - 18
well	Grill 1	18 - 20
PORK		
Chops 2 cm thick	Grill 1	20 - 25
Frankfurters	Grill 2	4 - 8
Ham Steak 1 1/2 cm thick	Grill 1	8 - 10
Sausages thick	Grill 1	16 - 18
thin	Grill 1	12 - 14
LAMB		
Chops 2 cm thick (8 on rack)		
medium	Grill 1	16 - 18
well	Grill 1	20 - 23
Kebabs	Grill 1	17 - 20
CHICKEN		
4 half Breasts	Grill 1	15 - 18
Cut-up (whole)	Grill 1	20 - 35
8 Drumstick	Grill 1	20 - 25
4 Thighs	Grill 1	25 - 28
1.0 kg Wings (approx 16)	Grill 1	20 - 25
4 Marylands	Grill 1	20 - 22
4 Kebabs	Grill 1	17 - 20

Meat Guidelines

There are several methods available to cook meat in your Dimension 4. The following information will explain each method to help you select the correct method. Although microwave alone is the fastest method available, combination will produce crisp and browned results as that of conventional cooking. Cooking by combination will also reduce the cooking time. Commonly cooked joints of meat can be roasted automatically on the AUTO PROGRAMMES.

AUTO PROGRAMMES

11 BEEF MEDIUM
13 LAMB
15 PORK
17 CHICKEN

The AUTO PROGRAMMES available on your Dimension 4 will automatically calculate and cook meat by combination. Select the desired meat category, set the weight of the meat using the Weight pad and press START.

Oven Accessories
Place the joint to be roasted on a rack placed in a shallow dish on the Glass Tray.

Frozen Joints
Do not use frozen meat on these programmes. All meat should be completely thawed.

Turning
All joints should be turned during the cooking time to ensure they are evenly cooked. Halfway through the cooking time the oven will prompt you to turn the meat over.

How to Use
For detailed instructions about using these programmes see page 22.

Covering
Do not cover meat when cooking by these programmes, as they are designed to give a crisp exterior. We do not recommend using oven bags on these settings.

Standing
At the completion of cooking allow meat to stand covered with aluminium foil for 10 to 15 minutes before carving.

COOKING MEAT BY COMBINATION

Some joints and small cuts of meat are not suitable for cooking on the AUTO PROGRAMMES, but they can be cooked successfully by COMBINATION with a cooking time calculated from the following chart, or the individual cooking times found in the recipes throughout the book.

Oven Accessories
When roasting larger pieces of meat, place on a rack in a shallow dish on the Glass Tray. Do not cover.

How to Use
Select the COMBINATION program by pressing the COMBINATION pad. Use the time pads to enter the cooking time and then press START.

Beef, Lamb and Pork Roasts
Season roast as desired. Place fat-side down on an oven/microwave safe dish, and place on Glass Tray. Shield thin uneven areas of roasts with a small piece of foil. Turn over halfway through the cooking time.

Whole Poultry
Wash poultry and pat dry. Season poultry as desired. Whole poultry may be roasted stuffed or unstuffed, but if using a raw meat stuffing this may increase the cooking time slightly.

Whole Chicken
Tie the chicken's drumstick together to keep it's shape during cooking. Shield drumstick with a strip of foil for the first 30 minutes of cooking.

Whole Duck
Pierce skin at 2 cm intervals with a fork to allow fat to drain from duck. It may be necessary to drain juices from dish halfway through cooking.

Whole Turkey
Halfway through cooking, shield tops of drumstick with a strip of foil. Drain juices from dish once during cooking.

Standing
As with roasts cooked by microwave, the meat continues to cook during standing by stored heat. Allow meat and poultry to stand covered with aluminium foil for at least 10 to 15 minutes before carving.

Note:
When shielding meat with aluminium foil during cooking do not allow the foil to touch the walls of the oven, as arcing may occur. Do not use a microwave or conventional meat thermometer in the oven when cooking by COMBINATION.

CASSEROLES AND POT ROASTS BY COMBINATION

Although casseroles may be cooked by microwave with a reduced cooking time, they do not always develop the full flavour received from a longer cooking time. Using COMBINATION the cooking time can be slightly reduced and a stronger flavour is achieved. When cooking by COMBINATION, use heatproof glass/ceramic dishes, such as Pyrex® and Corningware®. Place dishes directly on Glass Tray.

Meat and Poultry Combination Cooking Chart

The chart below is a summary of the cooking settings and times for Manual Combination cooking for meat and poultry. The times will vary slightly due to the shape of the meat and the recipes the meats are used for. Multiply the weight of the meat by the minimum recommended time per 500 g. The meat should stand covered with foil for 10 to 15 minutes after cooking. Check at the end of standing to ensure that it is sufficiently cooked. If required, more time can be added after standing time.

Type and Cut	Combination Cooking Time	
	Combination Setting	Approximate Cooking Time (in minutes)
BEEF ROASTS		
Rib, Boneless Rib, Top Sirloin		
rare	5	11 - 14 / 500 g
medium	5	14 - 16 / 500 g
well	5	18 - 20 / 500 g
Rump, Eye of Round (high quality)		
rare	5	12 - 15 / 500 g
medium	5	13 - 18 / 500 g
well	5	18 - 20 / 500 g
Pot Roast (1 1/2 to 2 kg)		1 1/2 - 2 hrs. total
Chuck (turn meat over after 1 hour of cooking)	1 1	1 1/2 - 2 hrs. total
PORK ROASTS	5	15 - 17 / 600 g
LAMB ROASTS	5	18 - 20 / 500 g
MEATLOAVES	5	25 - 30 / 500 g
CASSEROLES	1	Approx. 2/3 conventional cooking time
CHICKEN		
whole (up to 2.8 kg)	6	12 - 15 / 500 g
pieces (1 to 1.5 kg)	1	Approx. 2/3 conventional cooking time. Follow recipe instructions.
TURKEY (2 to 6 kg)	5	13 - 16 / 500 g
DUCK (1.5 kg to 2.5 kg)	1	15 - 18 / 500 g

Roast Beef MC A

Serves: 6 to 8

Ingredients:

2 kg	roast beef	2 kg
	seasoned flour	

Method:
Place beef on a rack set in a dish. Sprinkle beef with seasoned flour.

☛ **To Cook by Combination:** Cook on Combination 5 for 40 to 45 minutes for a medium result.

or

☛ **To Cook by One Touch Cooking:** Press **Beef** pad and enter the weight, then press **Start** pad.

Stand covered for 10 minutes before carving.

Yorkshire Pudding C

Serves: 6 to 8

Ingredients:

1 cup	plain flour	250 ml
	pinch of salt	
1	egg	1
1 1/2 cups	milk	375 ml
	oil for greasing muffin tins	

Method:
Sift flour and salt into a bowl. Break egg into flour and gradually add milk, stirring constantly until smooth. Set aside covered for 1 hour.
Preheat oven to 220°C. Brush 2 x 6 cm muffin tins with oil, and place into oven for 2 to 3 minutes to heat oil. Remove tins and pour in batter until tins are half full. Cook on 220°C for 15 to 20 minutes or until golden. Serve with roast beef.

Corned Beef

Serves: 4

Ingredients:

1.5 to 1.7 kg	corned silverside	1,5 to 1,7 kg
1 tablespoon	brown sugar	15 ml
1 tablespoon	white vinegar	15 ml
1	onion, cut in half	1
4	cloves	4
6	peppercorns	6
1	bay leaf	1
3 cups	water	750 ml

Method:
Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in a 4-litre casserole dish. Add remaining ingredients. Cover and cook on HIGH for 10 minutes. Turn meat, cover and cook on MEDIUM for 1 1/2 to 1 3/4 hours. Stand corned silverside in cooking liquid for 10 minutes before carving.

Note: Depending on the shape of the silverside, it may require a further 10 to 15 minutes on MED LOW.

Beef Stroganoff

Serves: 4

Ingredients:

1 tablespoon	butter	15 ml
1	onion, sliced	1
750 g	rump steak sliced into ribbons	750 g
2 tablespoons	tomato sauce	30 ml
2 tablespoons	Worcestershire sauce	30 ml
200 g	sliced button mushrooms	200 g
1 tablespoon	cornflour	15 ml
1/2 cup	hot beef stock	125 ml
1/2 cup	sour cream	125 ml
1 tablespoon	chopped parsley	15 ml

Method:
Place butter, onion, meat, sauces and mushrooms into a 3-litre dish. Cook on MED HIGH for 8 to 10 minutes. Combine stock and cornflour in a small bowl, then add to meat mixture. Stir well. Cook on MED HIGH for a further 3 to 5 minutes. Add sour cream and parsley. Stir and cook on MED HIGH for 2 minutes. Serve with egg noodles or rice.

Chinese Beef and Vegetables R

Serves: 4 to 6

Ingredients:

400 g	rump steak, sliced	400 g
1 teaspoon	chopped ginger	5 ml
1 teaspoon	chopped garlic	5 ml
1 tablespoon	soy sauce	15 ml
1/4 cup	beef stock	60 ml
2 tablespoons	Hoi Sin sauce	30 ml
3 cups	sliced vegetables, e.g. broccoli, onion petals, mushrooms, capsicum (green/red pepper) chunks, snow peas	750 ml

Method:
Place beef, ginger and garlic in a 3-litre dish. Cook on HIGH for 1 minute. Mix sauces and stock, and stir through beef. Cook on HIGH for 2 minutes. Add vegetables and cook on HIGH for 6 minutes, stir halfway through cooking. Stand for 5 minutes before serving with boiled rice.

HINT:
Marinating before cooking helps tenderise less tender cuts. Use acidic ingredients, such as tomatoes, wine, vinegar and fruit juices. Marinating also adds flavour.

Cheesy Meatloaf

Cheesy Meatloaf C MC

Serves: 4 to 6

Ingredients:

500 g	topside mince	500 g
1	onion, finely chopped	1
1	clove garlic, crushed	1
	black pepper	
2 tablespoons	chopped parsley	30 ml
1 tablespoon	Italian herbs	15 ml
1	egg, lightly beaten	1
250 g	Mozzarella cheese, grated	250 g

Tomato Sauce:

1 can (425 g)	tomato pieces	1 can (425 g)
1 tablespoon	tomato paste	15 ml
1 teaspoon	dried basil	5 ml

Method:
Preheat oven to 190°C. Mix all ingredients (except cheese) until well combined. Place in a 23 x 13 cm loaf tin top with cheese.

☛ **To Cook by Convection:** Cook on Convection 190°C for 50 to 55 minutes. Drain well after cooking. Stand for 5 minutes before slicing.

or

☛ **To Cook by Combination:** Cook on Combination 1 for 30 to 35 minutes. Drain well after cooking. Stand for 5 minutes before slicing.

Serve with tomato sauce.

Method for Sauce:
Combine all ingredients in a food processor and process until smooth. Pour into 4-cup (1 litre) jug. Cover with plastic wrap. Cook on HIGH for 5 to 7 minutes. Serve with tomato sauce.

French Onion Beef Casserole MC R

Serves: 4

Ingredients:

1	onion, finely chopped	1
1 teaspoon	mixed dried herbs	5 ml
200 g	potatoes, peeled and diced	200 g
500 g	chuck steak, cut into 2 cm cubes	500 g
40 g	packet french onion soup mix	40 g
1/3 cup	tomato paste	85 ml
2 cups	beef stock	500 ml

Method:
Place onion and mixed herbs in a 3-litre casserole dish and cook on HIGH for 4 minutes. Add remaining ingredients and stir until combined. Cook covered on Combination 1 for 45 to 50 minutes. Stir occasionally during cooking. Serve with rice or pasta.

Beef Bourguignonne MC

Serves: 4

Ingredients:

750 g	topside beef	750 g
1/2 cup	red wine	125 ml
1	clove garlic, crushed	1
1	bay leaf	1
125 g	streaky bacon, rind removed and bacon chopped	125 g
12	button onions, peeled	12
1 tablespoon	flour	15 ml
3/4 cups	beef stock	190 ml
	salt and freshly ground black pepper	
2 to 3 tablespoons	brandy (optional)	30 to 45 ml
125 g	button mushrooms, cleaned and trimmed	125 g

Method:
Trim the meat and cut into 2.5 cm cubes. Place in a large casserole dish with the wine, garlic and bay leaf. Cover and leave several hours or overnight in a refrigerator. Place bacon in a shallow dish, cover with paper towel and cook on HIGH for 2 to 3 minutes. Mix in the flour then gradually add the stock. Combine all remaining ingredients except brandy and mushrooms. Cook on Combination 1 for 40 to 50 minutes. Add the brandy and mushrooms and return casserole to oven uncovered for a further 10 minutes.

Mini Meatballs

Serves: 4

Ingredients:

500 g	topside mince	500 g
1	onion, finely chopped	1
1	clove garlic, crushed	1
1/2 cup	fresh bread crumbs	125 ml
1 tablespoon	tomato sauce	15 ml
1 tablespoon	mixed herbs	15 ml
	freshly ground black pepper	

Sweet and Sour:

1/2 cup	pineapple pieces, reserve juice	125 ml
1/2 cup	brown sugar	125 ml
1 tablespoon	cornflour	15 ml
1/2 cup	beef stock	125 ml
1/4 cup	vinegar	60 ml
2 teaspoons	soy sauce	10 ml

Method:
Place mince, onion, garlic, bread crumbs, tomato sauce, mixed herbs and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls.

☛ **To Cook by Microwave:** Place half of balls onto a paper towel lined dinner plate evenly spread. Cook on MEDIUM for 6 to 8 minutes, turning halfway through cooking. Set aside. Repeat with remaining mixture.

Sweet and Sour Sauce:
Drain pineapple and reserve pineapple juice. In a jug, combine sugar and cornflour. Add reserved pineapple juice, beef stock, vinegar and soy sauce. Mix well. Cook on HIGH for 4 minutes. Stir and add pineapple pieces. Cook on HIGH for a further 2 to 3 minutes. Stir well.

Curried Beef Loaf MC

Serves: 4

Ingredients:

400 g	minced beef	400 g
	salt and freshly ground black pepper	
2 teaspoons	curry powder	10 ml
2 tablespoons	mango chutney	30 ml
1	onion, peeled and finely chopped	
1 cup	fresh bread crumbs	250 ml
1	egg, beaten	1

Method:
Mix the mince with seasonings, curry powder, chutney, onion and bread crumbs and bind together with the egg. Turn into a well greased 500 g loaf tin and press down. Cook on Combination 1 for 40 to 45 minutes.

HINT: For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on HIGH for 1 to 2 minutes.

Saucy Meatloaf C

Serves: 4 to 6

Ingredients:

500 g	minced beef	500 g
1/2	onion, finely chopped	1/2
1 cup	bread fresh crumbs	250 ml
1/2	capsicum, finely chopped	1/2
2 tablespoon	parsley, finely chopped	30 ml
2 tablespoon	Worcestershire sauce	30 ml
1	egg	1
1	beef stock cube	1
1/2 teaspoon	mixed herbs, dried	2 ml
	salt. pepper to taste	

Sauce:

1/2 cup	tomato sauce	125 ml
1 teaspoon	mustard	5 ml
1/4 cup	brown sugar	60 ml

Method:
Mix meatloaf ingredients together. Place in loaf pan. Preheat oven to Convection 180°C Cook at 180°C oven for 30 minutes.
Sauce: Mix sauce ingredients together, pour over meatloaf and cook for a further 10 minutes.

Chilli Beef R

Serves: 4 to 6

Ingredients:

500 g	topside mince	500 g
1	onion, diced	1
1 teaspoon	minced garlic	5 ml
35 g pkt	chilli seasoning mix	35 g
1 can (400 g)	tomato puree	1 can (400 g)
1 can (440 g)	red kidney beans, well drained	1 can (440 g)

Method:
Combine all ingredients in a 2-litre casserole dish. Cook on HIGH for 20 minutes, stirring once during cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

Seasoned Roast Lamb MC R

Serves: 4 to 6

Ingredients:

1.6 kg	leg of lamb	1,6 kg
1 tablespoon	seeded mustard	15 ml
1 tablespoon	rosemary	15 ml

Method:
Place lamb on a rack in a 3-litre dish. Brush with mustard sprinkle with rosemary. Cook on Combination 6 for 50 to 60 minutes. Turn halfway through cooking. Stand covered for 10 minutes before slicing.

Pepper Pot Beef MC R

Serves: 4

Ingredients:

1 teaspoon	minced garlic	5 ml
1	red capsicum (pepper) cut into 2 cm cubes	1
1 can (410 g)	peeled tomatoes	1 can (410 g)
500 g	cubed beef	500 g
1/4 cup	tomato paste	60 ml
1 tablespoon	Worcestershire sauce	15 ml
1 tablespoon	cracked black pepper	15 ml

Method:

Place all ingredients in a 3-litre casserole dish.

☛ **To Cook by Combination:** Cook on Combination 1 for 40 to 50 minutes, stirring halfway through cooking.

or

☛ **To Cook by Microwave:** Cook on MED HIGH for 35 to 40 minutes or until meat is tender. Stirring regularly. Serve with steamed rice.

Beef Casserole Curry MC

Serves: 4 to 6

Ingredients:

1 tablespoon	oil	15 ml
1	large onion, chopped	1
1	large tomato, chopped	1
1/4 cup	curry paste	60 ml
1 tablespoon	flour	15 ml
1/2 cup	beef stock	125 ml
1 kg	chuck steak, fat removed and cut into 2 cm cubes	1 kg
1 tablespoon	malt vinegar	15 ml

Method:

Place oil, onion and tomato in a 3-litre casserole dish and cook on HIGH for 4 to 5 minutes. Stir in curry paste, flour and stock. Add remaining ingredients, stirring well.

☛ **To Cook by Microwave:** Cover and cook on MEDIUM for 40 to 50 minutes. Stir occasionally during cooking.

or

☛ **To Cook by Combination:** Cover and cook on Combination 1 for 40 to 50 minutes.

Serve with rice.

HINT:
For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on HIGH for 1 to 2 minutes.

Veal Paprika MC

Serves: 4

Ingredients:

750 g	diced veal	750 g
250 g	mushrooms, sliced	250 g
1 cup	chicken stock	250 ml
1	onion, finely chopped	1
1 teaspoon	paprika	5 ml
	salt and pepper	
2 tablespoons	flour	30 ml
1 tablespoon	tomato paste	15 ml
1/2 cup	sour cream	125 ml

Method:

In a 3-litre casserole dish combine veal, mushrooms, 1/2 cup (125 ml) of the chicken stock, onion, paprika and salt and pepper.

☛ **To Cook by Microwave:** Cook on MED HIGH for 10 minutes, stirring once.

or

☛ **To Cook by Combination:** Cook on Combination 1 for 35 to 40 minutes.

Blend flour with remaining stock. Stir into veal with tomato paste and cook on HIGH for 2 to 3 minutes. Blend in sour cream. Serve.

Veal and Pineapple Casserole MC

Serves: 4 to 6

Ingredients:

125 g	bacon, rind removed	125 g
750 g	veal steak, diced	750 g
2 tablespoons	seasoned flour	30 ml
2	onions, sliced	2
1 can (450 g)	pineapple pieces, drained	1 can (450 g)
2 tablespoons	parsley, finely chopped	30 ml
1/2 teaspoon	dried basil	2 ml
1 cup	tomato puree	250 ml
1	chicken stock cube, crumbled	1

Method:

Cut bacon into 3 cm pieces. Combine veal, bacon and remaining ingredients in a 3-litre casserole dish. Mix well and cover.

☛ **To Cook by Microwave:** Cook on MED HIGH for 30 to 35 minutes, stirring halfway through cooking.

or

☛ **To Cook by Combination:** Cook on Combination 1 for 40 to 45 minutes, stirring halfway through cooking.

Lamb Chops with Spicy Sauce G

Serves: 4 to 6

Ingredients:

Marinade:

1/4 cup	medium or dry sherry	60 ml
3 tablespoons	tomato paste	45 ml
2 tablespoons	lemon juice	30 ml
2	cloves garlic, crushed	2
1 teaspoon	chilli powder	5 ml
1 teaspoon	ground coriander	5 ml
1 teaspoon	ground ginger	5 ml
1 tablespoon	finely chopped fresh parsley	15 ml
	freshly ground black pepper to taste	
8	lamb loin chops (approx. 800 g)	8

Method:

Combine all marinade ingredients to form a thick mixture. Place chops in a single layer in a shallow dish and pour marinade mixture over. Allow to marinate for 1 to 2 hours. Preheat oven to Grill 1. Remove chops from marinade (reserving this mixture) and place chops on Spatter Shield. Cook on Grill 1 for 16 to 20 minutes, turning over halfway through cooking. Place marinade mixture into a jug and heat on HIGH for 1 to 2 minutes. Arrange chops on serving plate then pour the sauce over. Serve garnished with parsley or watercress.

Rissoles G

Serves: 4

Ingredients:

500 g	topside mince	500 g
1	onion, finely diced	1
2 tablespoons	Tomato sauce	30 ml
2 tablespoons	Worcestershire sauce	30 ml
1	egg	1
1 teaspoon	mixed herbs	5 ml
1/2 cup	dry breadcrumbs	125 ml

Method:

Place all ingredients in a large bowl and mix well. Roll mixture into 14 to 16 patties. Preheat oven to Grill 1. Cook for 10 to 14 minutes. Turn halfway through cooking.

HINT:

To dry herbs, arrange 1/2 cup (125 ml) of leaves evenly on paper towel. Place a mug of water into the oven next to the herbs and cook on HIGH for 1 to 3 minutes, or until dry and crumbly. Check herbs frequently as timing may vary with different herbs. Please note that herbs dry and crumble on standing.

Rack of Lamb

Rack of Lamb MC

Serves: 4

Ingredients:

1	rack of lamb (approx. 8 cutlets)	1
1	clove garlic, cut into slices	1
	rosemary	

Method:

Score rack of lamb and insert slices of garlic under skin. Place lamb fat side down on on rack set in a dish. Sprinkle with rosemary. Cook on Combination 6 for 15 to 20 minutes, turning halfway through cooking. Stand for 5 minutes before carving.

Roast Lamb MC A

Serves: 4 to 6

Ingredients:

1/4 cup	apricot jam	60 ml
1.3 kg	leg of lamb	1,2 kg

Method:

- **To Cook by Microwave:** Place lamb fat side down on a rack set in a dish. Cook on MEDIUM for 30 to 35 minutes.

or

- **To Cook by Combination:** Place lamb fat side down on a rack set in a dish and cook on Combination 5 for 45 to 50 minutes.

or

- **To Cook by One Touch Cooking:** Place lamb fat side down on on a rack set in a dish and press **Lamb** pad, enter the weight, then press **Start** pad.

Turn halfway through cooking and brush with jam. Stand covered for 10 minutes before slicing. Serve with baked vegetables.

Lambs Fry and Bacon

Serves: 4

Ingredients:

750 g	lamb fry	750 g
1/4 cup	flour	60 ml
250 g	bacon, rind removed and bacon cut into 2 cm strips	250 g
2	onions, sliced	2
1 tablespoon	butter	15 ml
	ground black pepper	
1 tablespoon	chopped parsley	15 ml

Method:
Soak lambs fry in water for 30 minutes, remove skin and cut liver into thin strips. Coat lambs fry with flour and shake of any excess. Place bacon and onion into 3-litre dish and cook on HIGH for 3 to 5 minutes. Remove and drain well on absorbent paper. Add half the butter to the dish and half the sliced lamb fry. Cook on HIGH for 2 to 4 minutes, stir halfway through cooking. Repeat with remaining butter and lambs fry. Return all the lambs fry to the dish and add bacon and onion, season with pepper and add parsley. Stir well. Cook on HIGH for 1 to 2 minutes and serve immediately.

Irish Stew MC

Serves: 4

Ingredients:

600 g	lamb, cut into 2 cm cubes	600 g
1	onion, sliced	1
1	carrot, peeled and sliced	1
2	potatoes, peeled and sliced	2
1	stalk celery, sliced	1
500 ml	stock	500 ml
2 tablespoons	flour	30 ml
2	bay leaves	2
1/2 teaspoon	dried rosemary	2 ml

Method:
Trim excess fat off chops. Place all ingredients in 3-litre casserole dish.

☛ **To Cook by Microwave:** Cover and cook on MED HIGH for 20 to 25 minutes.

or

☛ **To Cook by Combination:** Cover and cook on Combination 1 for 40 to 45 minutes.

Goulash MC

Serves: 4

Ingredients:

500 g	lamb chops	500 g
1	onion, finely chopped	1
1	clove garlic, crushed	1
1 tablespoon	butter or margarine	15 ml
1 tablespoon	flour	15 ml
2 tablespoons	tomato paste	30 ml
1/2 teaspoon	paprika	2 ml
1	small capsicum (green/red pepper), cut into 2.5 cm cubes	
1 cup	beef stock	250 ml
2 tablespoons	sour cream	30 ml

Method:
Trim fat and bones from meat and cut meat into 2 cm cubes. Place onion, garlic and butter or margarine in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, tomato paste and paprika and cook on HIGH for a further 2 minutes. Add lamb, capsicum (pepper) and stock.

☛ **To Cook by Microwave:** Cover and cook on MED HIGH for 24 to 26 minutes.

or

☛ **To Cook by Combination:** Cover and cook on Combination 1 for 40 to 45 minutes. Stir in sour cream and serve.

Stir in sour cream and serve with vegetables.

Barbecued Spare Ribs G

Serves: 4

Ingredients:

1 kg	pork spare ribs	1 kg
3/4 cups	fruit chutney	190 ml
1/2 cup	tomato sauce	125 ml
1 tablespoon	soy sauce	15 ml
1 tablespoon	Worcestershire sauce	15 ml

Method:
Place all ingredients into a large pyrex bowl and mix well. Allow the spare ribs to marinate for several hours or overnight. Preheat oven to Grill 1. Cook for 20 to 25 minutes. Turn halfway through cooking. Serve with rice.

HINT:
To skin tomatoes, place 1 cup of hot tap water in a 2 to 3 cup jug or bowl and heat on HIGH for 1 1/2 minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds, remove and repeat procedure with remaining tomatoes. The skin will be loosened and easily removed.

Roast Pork MC

Serves: 6 to 8

Ingredients:

2 to 2.25 kg	loin of pork, on bone	2 to 2,25 kg
2 teaspoon	salt	10 ml

Method:
Place pork skin side up on a rack set in a dish. Rub salt into rind of pork. Cook on Combination 5 for 1 hour 30 to 45 minutes, turning halfway. Stand for at least 10 minutes before carving.

Apricot & Peach Rolled Pork C MC

Serves: 4 to 6

Ingredients:

2 kg	boneless pork roast	2 kg
1	large onion, thinly sliced	1
200 g	dried apricots, halved	200 g
200 g	dried peaches, quartered	200 g
1/2	orange juice	1/2
1/4 cup	slivered almonds	60 ml
Baste:		
1/4 cup	oil	60 ml
1/4 cup	orange juice	60 ml
2 tablespoons	honey	30 ml

Method:
When purchasing pork roast, ask the butcher to remove rind from roast but leave fat intact. Ask also for the roast to be butterflied into 1 flat piece.

To prepare the filling for the roast:
Place the onion, apricots and peaches in a 2-litre pyrex dish with the orange juice. Cook on HIGH for 5 to 7 minutes. Allow to cool slightly and add almonds. Lay roast flat on a board and spread with filling. Roll roast up firmly and secure with string. Place the roast on Low Rack and brush with combined baste ingredients.

☛ **To Cook by Convection:** Preheat oven to 180°C. Cook at 180°C for 1 1/2 to 1 3/4 hours, basting several times during cooking.

or

☛ **To Cook by Combination:** Cook on Combination 5 for 1 to 1 1/4 hours.

Crackling may also be cooked with the roast. Cut the rind into small pieces, sprinkle with salt and cook for about 40 minutes or until crispy.

Crispy Spinach Stuffed Pork MC

Serves: 6

Ingredients:

1.8 kg	rolled pork	1,8 kg
1/2	bunch spinach, washed and stalks removed	1/2
1	clove garlic, crushed	1
	juice of 1 lemon	
1/4 cup	pine nuts	60 ml

Method:
Unroll pork on a flat surface. Place spinach leaves, garlic and lemon juice in a 3-litre casserole dish. Cook covered on HIGH for 3 to 4 minutes. Place spinach mixture on top of pork and sprinkle with pine nuts. Re-roll pork tightly and secure with string. Place pork on a rack set in a dish. Cook on Combination 5 for 1 1/4 to 1 1/2 hours. Stand covered for 10 minutes before carving.

Italian Sausage and Pepper Casserole MC

Serves: 4

Ingredients:

4 cups	water	1 litre
1 1/2 cups	elbow macaroni	375 ml
500 g	Italian sausages or chipolatas	500 g
2	large onions, diced	2
2	green capsicum (pepper), diced	2
1 can (425 g)	tomato purée	1 can (425 g)
1/2 teaspoon	salt	2 ml
1/4 teaspoon	pepper	1 ml
1 teaspoon	Italian herbs	5 ml
1/3 cup	Parmesan cheese	85 ml

Method:
Place water in a 4-litre casserole dish. Cover and cook on HIGH for 10 minutes. Add macaroni, cover and cook on HIGH for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Place sausages in a 3-litre casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Drain, slice into 3 cm pieces. Set aside. Place onion and capsicum (pepper) in casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Stir in macaroni, sliced sausages, tomato purée, salt and pepper, herbs and half the Parmesan cheese. Cover and cook on Combination 1 for 20 minutes. Remove lid, stir, sprinkle over remaining Parmesan cheese. Cook as above for a further15 minutes.

Lasagne C MC

Serves: 4 to 6

Ingredients:

250 g	precooked lasagne noodles	250 g
3 tablespoons	Parmesan cheese, extra	45 ml
3 tablespoons	grated Mozzarella cheese, extra	45 ml

Meat Sauce:

750 g	topside mince	750 g
2	onions, finely chopped	2
150 g	mushroom, sliced	150 g
2	cloves garlic, crushed	2
2 tablespoons	dried mixed herbs	30 ml
1 can (425 g)	tomato purée	1 can (425 g)
1 cup	tomato paste	250 ml
	salt and pepper	

Cheese Sauce:

3 tablespoons	butter	45 ml
3 tablespoons	flour	45 ml
1 cup	milk	250 ml
2 tablespoons	Parmesan cheese	30 ml
2 tablespoons	grated Mozzarella cheese	30 ml
	ground black pepper	

Method:
Place all meat sauce ingredients into a 3-litre casserole dish and mix well. Cover and cook on MED HIGH for 25 to 30 minutes, stirring halfway through cooking. Melt butter in a 1-litre casserole dish on HIGH for 30 seconds. Add flour, stir and cook on HIGH for 20 to 30 seconds. Add milk, stirring, cook on HIGH for 2 minutes, stirring halfway through cooking. Add cheese and pepper and mix well. Place half of the meat sauce into a 4-litre casserole dish. Layer 5 sheets of lasagne noodles over meat sauce. Top with remaining meat sauce and another 5 sheets of lasagne noodles. Spread cheese sauce evenly over the noodles and sprinkle with extra Parmesan and Mozzarella cheese.

☛ **To Cook by Convection:** Preheat oven to 180°C. Place lasagne in oven and cook on 180°C for 30 to 40 minutes.

or

☛ **To Cook by Combination:** Cook on Combination 5 for 25 to 30 minutes or until golden brown.

Serve hot with a green salad and garlic bread.

Tip: To reheat one serve (300 g) of lasagne, heat on MED HIGH for 3 to 5 minutes.

Roast Herb Chicken MC R

Serves: 4 to 6

Ingredients:

1.5 kg	chicken	1,5 kg
60 g	butter	60 g
1 tablespoon	chopped parsley	15 ml
1 tablespoon	chopped rosemary	15 ml
	salt and pepper	

Method:
Place butter in a 2-cup jug and cook on MED HIGH for 40 seconds. Add parsley and rosemary. Tie chicken legs together and brush with butter. Place breast side down in a dish. Cook on Combination 6 for 40 to 50 minutes. Turn halfway through cooking. Stand covered for 10 minutes.

Stuffed Roast Chicken MC

Serves: 4 to 6

Ingredients:

1.5 kg	chicken	1,5 kg
2 tablespoons	melted butter	30 ml
	salt and pepper	

Stuffing:

1 tablespoon	butter	15 ml
1	small onion, finely chopped	1
2	rashers bacon, rind removed and bacon finely chopped	2
1 tablespoon	parsley, finely chopped	15 ml
1 teaspoon	mixed herbs	5 ml
1½ cups	cooked rice	375 ml
1	egg	1
	salt and pepper	

Method:
Clean and pat dry chicken with paper towel. Brush chicken with melted butter. Season chicken. Set aside. Place stuffing into chicken. Secure opening with tooth picks. Tie legs together with string. Place chicken breast side down on a rack set in a dish. Cook on Combination 6 for 50 to 60 minutes.

To prepare stuffing:
Melt butter in a 1-litre casserole dish on HIGH for 30 seconds. Add onion and bacon and cook on HIGH for 2 minutes. Add all remaining ingredients and mix well.

Camembert Chicken MC

Serves: 4 to 6

Ingredients:

1.5 kg	Chicken	1,5 kg
125 g	Camembert cheese, sliced thinly	125 g
25 g	butter, melted	25 g

Method:
Clean and pat dry chicken with paper towel. Using the back of a spoon, gently lift the skin away from the flesh of the bird on the breast. Place the slices of cheese under the skin. Brush chicken with butter. Place the chicken breast side up on a rack set in a dish, and cook on Combination 6 for 35 to 45 minutes, stand for 15 minutes before serving.

Coq au Vin MC

Serves: 4 to 6

Ingredients:

1	medium onion, finely chopped	1
4	slices streaky bacon, rinds removed, bacon chopped	4
1 kg	chicken pieces	1 kg
125 g	button mushrooms, washed and dried	125 g
3/4 cup	hot chicken stock	190 ml
1/4 cup	red wine	60 ml
2	cloves garlic, crushed	2
20 g	butter, cut into pieces	20 g
1 teaspoon	mixed herbs	5 ml
	freshly ground black pepper	

Method:
Place onion and bacon into a 3-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add remaining ingredients and combine well. Cover and cook on Combination 6 for 30 to 35 minutes. Remove lid, stir and rearrange chicken pieces. Continue to cook on Combination 6 for 15 to 20 minutes. Stand 10 minutes before serving.

HINT:
To cook pappadums: Place on a paper towel lined microwave safe plate. Cook on HIGH for 15 to 30 seconds for each pappadum, turn halfway through cooking. Allow to stand for 1 minute before serving.

Spicy Chicken Curry

Spicy Chicken Curry

Serves: 4 to 6

Ingredients:

1 tablespoons	oil	15 ml
1	onion, finely chopped	1
1	clove garlic, crushed	1
1 teaspoon	finely grated root ginger	5 ml
2 teaspoons	ground coriander	10 ml
1/2 teaspoon	ground turmeric	2 ml
1 teaspoon	ground cumin	5 ml
1 teaspoon	chilli powder	5 ml
3 tablespoons	vinegar	45 ml
500 g	chicken breast fillets, cut into strips	500 g
1 cup	chicken stock	250 ml
1/4 cup	coconut cream	60 ml
1/4 cup	fruit chutney	60 ml

Method:
Place oil, onion, garlic and ginger in a 3-litre dish and cook on HIGH for 2 to 3 minutes. In a small bowl mix together spices and vinegar. Add to onion mixture and cook on HIGH for 1 to 3 minutes. Add chicken and stock to onion mixture. Cook on MEDIUM for 10 to 15 minutes. Before serving stir through coconut cream and fruit chutney. Serve with rice, pappadums and sambals.

Chicken Pie C

Serves: 4 to 6

Ingredients:

500 g	chicken thigh fillets,diced	500 g
60 g	butter	60 g
1	onion, chopped	1
1/4 cup	flour	60 ml
1 cup	milk	250 ml
100 g	mushrooms, sliced	100 g
1 tablespoon	mixed herbs	15 ml
1 teaspoon	prepared mustard	5 ml
	pepper to taste	
1/2 cup	grated Swiss cheese	125 ml
2	sheets ready rolled puff pastry	2

Method:
Place chicken into a 3-litre casserole dish and cook on MED HIGH for 5 to 6 minutes. Place butter and onion into a 2-litre dish and cook on HIGH for 2 to 3 minutes. Stir in flour and gradually add milk stirring constantly. Cook on HIGH for 2 to 3 minutes or until thick. Add mushrooms, herbs, mustard, pepper and cheese, mix well. Stir through chicken and set aside. Preheat oven to 200°C. Grease and line a 20 cm pie dish with one sheet of pastry. Add chicken filling and cover with other sheet of pastry. Trim edges. Cook on 200°C for 25 to 35 minutes.

Pepper Chicken

Serves: 4

Ingredients:

2 tablespoons	butter	30 ml
4	chicken breast fillets	4
1 tablespoon	ground black pepper	15 ml
2 to 3	cloves crushed garlic	2 to 3
1 tablespoon	seeded mustard	15 ml
2 tablespoons	lemon juice	30 ml
1/2 cup	cream	125 ml

Method:
Preheat a browning dish on HIGH for 5 to 7 minutes. Flatten chicken fillets and press pepper onto each fillet. Add butter and garlic to browning dish with chicken and cook on MED HIGH for 6 to 8 minutes. Turn halfway through cooking. Remove chicken and add mustard, lemon juice and cream to dish, stir well. Replace fillets into dish and cook on MED HIGH for 1 to 2 minutes.

HINT:
The size of a chicken is the weight of the chicken. For example, a size 15 chicken weights 1.5 kg. (Australia only)

Florentine Chicken MC

Serves: 4

Ingredients:

1/4 cup	grated carrot	60 ml
1/4 cup	pine nuts	60 ml
100 g	spinach, cooked, drained and chopped finely	100 g
2	cloves garlic, crushed	2
	pepper to taste	
4	half chicken breast fillets	4
1	egg, beaten	1
1 tablespoon	water	15 ml
	nutmeg	
1 cup	bread crumbs, seasoned	250 ml

Method:
Make a stuffing by combining carrot, pine nuts, spinach, garlic and pepper. Pound chicken fillets till flat and even. Divide stuffing between the chicken breasts. Fold chicken breasts over the filling and secure with wooden toothpicks. Combine egg and water. Add a pinch of nutmeg to the bread crumbs. Dip each chicken breast into the egg mixture then into the bread crumbs. Place chicken in a shallow dish. Cook on Combination 6 for 30 to 35 minutes. Allow to stand for 10 to 15 minutes before serving.

Chicken Tacos

Serves: 4 to 6

Ingredients:

1 tablespoon	butter	15 ml
2	cloves garlic	2
1	large onion, chopped	1
1 teaspoon	chilli powder	5 ml
35 g	packet taco seasoning mix	35 g
500 g	chicken tenderoins, cut into small pieces	500 g
1 can	red kidney beans, mashed in liquid	1 can
1/2 cup	tomato paste	125 ml
1	capsicum (pepper), diced	
1 cup	grated cheese	250 ml
12	taco shells	12

Method:
Place butter, garlic and onion in a 3-litre dish and cook on HIGH for 1 to 2 minutes. Add chilli powder, taco seasoning and chicken, and cook on MED HIGH for 6 to 8 minutes, stirring once during cooking. Add kidney beans, tomato paste, and capsicum, and cook on MED HIGH for 6 to 8 minutes. Serve in heated taco shells topped with grated cheese.

Honey Sesame Drumsticks R

Serves: 3 to 4

Ingredients:

8	chicken drumsticks	8
1 teaspoon	chopped garlic	5 ml
1 teaspoon	chopped ginger	5 ml
1/4 cup	soy sauce	60 ml
1/4 cup	honey	60 ml
2 tablespoons	sesame seeds	30 ml

Method:
Place all ingredients in a 2-litre bowl, stir until combined. Marinate for at least 2 hours or overnight. Remove chicken from marinade and place in a pie plate with meatiest ends to the outside. Cook on MED HIGH for 18 to 22 minutes, turning once during cooking.

Chicken Curry R

Serves: 4 to 6

Ingredients:

1	onion, chopped	1
1 to 2 tablespoons	Thai red curry paste	15 to 30 ml
500 g	chicken fillets, chopped	500 g
2 cups	finely sliced vegetables	500 ml
1 cup	coconut milk	250 ml

Method:
Place onion and curry paste in a 3-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add chicken and cook on MED HIGH for 6 to 8 minutes, stirring once during cooking. Add vegetables and coconut milk, and cook on HIGH for 4 to 6 minutes. Serve with boiled jasmine rice sprinkled with peanuts.

Soy Chicken and Vegetables R

Serves: 4

Ingredients:

1 tablespoon	cornflour	15 ml
1/3 cup	soy sauce	85 ml
1/4 cup	water	60 ml
2 teaspoons	minced ginger	10 ml
500 g	chicken fillets, sliced	500 g
2 cups	sliced vegetables	500 ml

Method:
Place cornflour, soy sauce, water and ginger in a 3-litre casserole dish and mix well. Cook on HIGH for 1 or 1 1/2 minutes. Add chicken to dish and cook on MED HIGH for 6 to 7 minutes. Add vegetables and stir. Cook on HIGH for 3 to 4 minutes. Serve with boiled or fried rice.

HINT:
To toast coconut, place 1 cup of coconut in a pyrex pie plate, and cook on HIGH for 4 to 6 minutes, stirring every 2 minutes.

Chinese Chicken Wings

Chinese Chicken Wings MC

Makes: 16

Ingredients:

16	chicken wings (approx. 1.2 kg)	16
1/2 cup	bottled teriyaki sauce	125 ml
2 tablespoons	tomato sauce	30 ml
1 tablespoon	Worcestershire sauce	15 ml
1	clove garlic, crushed	1
2 tablespoons	honey	30 ml

Method:
Place chicken wings in a 3-litre dish. Add all remaining ingredients. Stir well. Cover and leave to marinate overnight.

☛ **To Cook by Microwave:** Remove marinade and cook on MED HIGH for 20 to 25 minutes. Stir halfway through cooking.

or

☛ **To Cook by Combination:** Arrange chicken wings in a shallow dish and brush with marinade. Cook on Combination 6 for 20 to 22 minutes, turning over halfway through cooking and rebrushing with marinade.

HINT:
When preparing dishes with sliced or chopped vegetables and meat, ensure that the ingredients are chopped evenly. This ensures the food will cook evenly.

Chicken and Potato Casserole

Serves: 4

Ingredients:

1	chicken, cooked	1
500 g	potatoes, peeled and thinly sliced	500 g
1/4 cup	water	60 ml
30 g	butter	30 g
1	onion, finely chopped	1
1	clove garlic, crushed	1
2 tablespoons	plain flour	30 ml
1 cup	chicken stock	250 ml
1 teaspoon	French mustard	5 ml
1/2 cup	cream	125 ml
3/4 cups	grated tasty cheese	190 ml
	paprika	

Method:
Remove chicken meat from bones. Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain. Combine chicken and potatoes. Set aside. Place butter in a 4-cup (1 litre) glass jug and cook on HIGH for 1 minute. Add onion and garlic to jug and cook on HIGH for 1 to 2 minutes. Add flour and stir. Gradually add stock and blend to a smooth paste. Cook on HIGH for 2 to 3 minutes. Add mustard and cream. Stir well. Pour sauce over chicken and potato mixture. Sprinkle with cheese and paprika. Cook on MED HIGH for 4 to 6 minutes. Serve with vegetables.

Chicken Cacciatore R

Serves: 4

Ingredients:

1 can (440 g)	tomatoes	1 can (440 g)
1/4 cup	tomato paste	60 ml
1 teaspoon	minced garlic	5 ml
1	sliced onion	1
2 teaspoons	dried oregano	10 ml
1 kg	chicken drumstick	1 kg

Method:
In a 2-litre dish combine all ingredients. Cook on MED HIGH for 30 minutes turning halfway through cooking.

Chicken & Pinenut Triangles C

Serves: 16

Ingredients:

1	onion, finely diced	1
1 tablespoon	butter	15 ml
200 g	chicken mince	200 g
1 tablespoon	mixed herbs	15 ml
2 teaspoons	cracked black pepper	10 ml
1/4 cup	sour cream	60 ml
1/4 cup	pinenuts	60 ml
16 sheets	filo pastry	16 sheets
125 g	butter, melted	125 g

Method:
Place onion and butter in a 2-litre casserole dish and cook on HIGH for 1 to 2 minutes. Add chicken, mixed herbs and cracked black pepper and cook on MED HIGH for 4 to 6 minutes. Add sour cream and pinenuts and set aside.
Preheat oven to 200°C. Take one sheet of filo pastry and fold in half lengthwise. Brush tops with melted butter. Place a tablespoon of filling on the bottom corner of strip. Fold corner over filling to form a triangle and continue folding until the triangle is completed. Continue with remaining ingredients, brush tops with butter and cook on Convection for 10 to 15 minutes or until puffed and golden.

Italian Chicken Casserole MC

Serves: 4 to 6

Ingredients:

1 tablespoon	oil	15 ml
1	clove garlic, crushed	1
6	chicken pieces	6
250 g	baby onions or 4 small peeled and left whole	250 g
1 can (425 g)	tomatoes	1 can (425 g)
1/4 cup	tomato paste	60 ml
1/2 teaspoon	marjoram	2 ml
1/2 teaspoon	oregano	2 ml
100 g	button mushrooms	100 g
20	black olives	20
2 tablespoons	chopped parsley	15 g
	salt and pepper	

Method:
Place all ingredients into a 3-litre casserole dish and mix well. Cover. Cook on Combination 4 for 45 to 50 minutes. Stir halfway through cooking.

Peanut Satay G

Serves: 4

Ingredients:

Marinade:

1/2 teaspoon	caraway seeds	2 ml
1 teaspoon	ground coriander	5 ml
1	clove garlic, crushed	1
1 tablespoon	brown sugar	15 ml
1 tablespoon	soy sauce	15 ml
1 tablespoon	lemon juice	15 ml
	pinch of salt	
750 g	boneless chicken, cut into 2.5 cm cubes	750 g
	bamboo skewers	

Satay Sauce:

3	red chillies, seeded and finely chopped	3
2	cloves garlic, crushed	2
	1 cm piece ginger, grated	
1 teaspoon	salt	5 ml
1/2 cup	peanut butter	60 ml
1 cup	water	250 ml
1/4 cup	sultanas	60 ml
1/4 cup	raisins	60 ml
1/2 cup	vinegar	125 ml
1/2 cup	sugar	125 ml
1/2 cup	peanuts	125 ml
1/2 cup	coconut milk	125 ml

Method:

Combine all marinade ingredients in a bowl with chicken meat and marinate for at least 2 to 3 hours. Combine all sauce ingredients except coconut milk in a 6-cup (1,5 litres) jug and cook on HIGH for 8 to 10 minutes, stirring halfway through cooking. Add coconut milk. Purée sauce in a blender or food processor. Set aside. Thread chicken cubes onto bamboo skewers. Place chicken skewers on Spatter Shield and Oven Pan and cook on Grill 1 for 12 to 15 minutes, or until cooked, turning once during cooking. Serve with satay sauce.

Tip: To reheat sauce: Cook on HIGH for 1 to 2 minutes.

HINT:

A No.15 (1.5 kg) chicken will make 4 cups of diced cooked chicken.

2 whole breasts will make 2 cups of diced cooked chicken.

1 chicken maryland will make 1 cup of diced cooked chicken.

Apricot Nectar Chicken MC R

Serves: 4 to 6

Ingredients:

40 g	pkt French onion soup mix	40 g
200 ml	apricot nectar	200 ml
1 kg	chicken drumsticks	1 kg

Method:

In a 2-litre dish mix soup, nectar, and chicken together. Cook on Combination 6 for 40 minutes. Turn halfway through cooking. Remove chicken pieces to a serving platter. Stir sauce and serve spooned over chicken.

Plum Glazed Quails

Serves: 2 to 4

Ingredients:

4	quails	4
1/2 cup	cooked long grain rice	125 ml
1 tablespoon	chopped shallots (spring onions)	15 ml
1 tablespoon	finely chopped basil	15 ml
2 tablespoons	chopped shelled pistachio nuts	30 ml
	pinch of thyme	
	pinch of cayenne pepper	
1/4 teaspoon	minced ginger	60 ml
1 teaspoon	milk	5 ml
1 tablespoon	plum jam	15 ml
1 tablespoon	Hoi-sin sauce	15 ml
2 tablespoons	butter	30 ml
1 can (250 g)	satsuma plums, drained and seeds removed	1 can (250 g)
1/4 cup	red wine	60 ml

Method:

Wash, clean and pat dry quails. In a 1-litre dish, combine rice, shallots (spring onions), basil, pistachio nuts, thyme, cayenne, pepper, ginger and milk. Mix well and place a1/4 of the mixture into the cavity of each quail. Tie the legs together and place quails into a shallow 2-litre dish. Set aside. In a 2-cup (500 g) jug, combine plum jam, hoi-sin sauce and butter. Cook on HIGH for 30 to 40 seconds. Brush jam mixture over quails and cook on MED HIGH for 10 to 14 minutes, brush with glaze halfway through cooking. Cover and allow to stand for 5 minutes whilst preparing the sauce. Puree plums with wine and heat in a 2-cup (500 ml) jug on HIGH for 1 to 2 minutes. Pour sauce over quails and serve with vegetables or salad garnished with extra pistachio nuts.

Roast Turkey

Roast Honey Duck with Orange Sauce MC

Serves: 4 to 6

Ingredients:

1.5 kg	duck	1,5 kg
3 tablespoon	honey	45 ml
1 tablespoon	orange liqueur	15 ml
1 tablespoon	vinegar	15 ml
Sauce:		
	juice of 2 oranges	
	rind of 1 orange	
1/4 cup	water	60 ml
1 tablespoon	brown sugar	15 ml
1 tablespoon	vinegar	15 ml
1 tablespoon	orange liquer	15 ml

Method:

Clean and pat dry duck with paper towel. Pierce skin at 2 cm intervals with a fork. Place duck onto a rack set into a 2-litre casserole dish. Cook on Combination 5 for 30 to 40 minutes. Brush the combined honey, liqueur and vinegar over the duck and cook for a further 10 minutes or until duck is golden brown. Stand while preparing sauce.

Sauce:

Place all ingredients except rind, vinegar and liqueur in a 2-cup (500 ml) jug. Cook on HIGH for 1 1/2 to 2 minutes. Add vinegar and liqueur and cook on HIGH for a further 30 seconds. Pour sauce over duck, sprinkle with rind and serve.

HINT:
For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on HIGH for 1 to minutes.

Roast Turkey MC

Serves: 6 to 8

Ingredients:

2.5 to 2.8 kg	turkey	2,5 to 2,8 kg
60 g	butter	60 g
1	stick celery, finely sliced	1
1	small onion, finely chopped	1
2	small cooking apples, peeled and grated	2
2 cups	fresh bread crumbs	500 ml
2 tablespoons	brandy	30 ml
1 tablespoon	parsley, finely chopped	15 ml
1	egg	1
	salt and pepper	
2 tablespoons	brandy, extra	30 ml
1 tablespoon	oil	15 ml
	lemon pepper or seasoned salt	

Method:

Clean and pat dry turkey with paper towel. Melt butter in a 1-litre casserole dish on HIGH for 30 to 40 seconds. Add celery, onion and apples and cook on HIGH for 5 minutes. Add bread crumbs, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey. Pierce skin of turkey with a fork. Secure legs of turkey with string. Brush with oil. Sprinkle with lemon pepper or seasoned salt.

☛ **To Cook by Microwave:** Place turkey on a rack set in a 3-litre dish. Cook on MED HIGH for 60 to 70 minutes. Stand covered for 10 to 15 minutes before carving.

or

☛ **To Cook by Combination:** Place turkey on a rack set in a dish. Cook on Combination 5 for 60 to 65 minutes. Stand 10 to 15 minutes before carving.

Sweet Chilli Wingettes G

Serves: 4 to 6

Ingredients:

750 g	chicken wingettes	750 g
1/3 cup	sweet chilli sauce	85 ml
2 tablespoons	soy sauce	30 ml
2 tablespoons	lime juice	30 ml
2 tablespoons	chopped fresh coriander	30 ml

Method:

Combine all ingredients in a 3-litre casserole dish. Allow to marinate in refrigerator for 1 to 2 hours. Preheat oven to Grill 1. Cook for 20 to 25 minutes, turning halfway through cooking.

Directions for Cooking Vegetables by Microwave

Fresh Vegetables

Place vegetables in a casserole dish. Add 2 to 3 tablespoons (30 to 45 ml) of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap. Cook on HIGH according to time recommended in charts. Halfway through cooking, stir, turn vegetables over or rearrange, if required. Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate. Allow to stand covered according to the time indicated in the charts.

Frozen Vegetables

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in pouch should be placed in a dish and the top pierced. Cook on HIGH according to directions given in chart. Vegetables should be cooked covered with a lid or plastic wrap.

Dried Beans or Peas

Place hot tap water, in a 4-litre dish. Bring hot water to the boil on HIGH for 10 to 12 minutes.

To Cook by Time:
Add beans and 2 tablespoons (30 ml) oil to water. Cook according to directions in chart. Stir.

Note: Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250 g of dried beans equals about 3 cups (750 ml) cooked. Use in place of canned beans. Allow to stand, covered, for 15 to 20 minutes after cooking.

Frozen Vegetables Chart

Vegetable	Quantity	Cooking Procedure	Approximate Cooking Time (in min.) on HIGH power
Beans	250 g	Cook in covered 2-litre dish.	5 - 7
Broad beans	250 g	Cook in covered 2-litre dish.	5 - 7
Broccoli (spears)	350 g	Cook in covered 2-litre dish.	5 - 7
Brussels Sprouts	250 g	Cook in covered 2-litre dish.	5 - 7
Carrots (baby)	250 g	Cook in covered 2-litre dish.	6 - 8
Cauliflower	500 g	Cook in covered 2-litre dish.	5 - 7
Corn (1/2 cob) Corn (cobs)	1/2 cob (75 g) 250 g	Cook in covered 2-litre dish. Cook in covered 2-litre dish.	3 - 4 5 - 7
Mixed vegetables	250 g	Cook in covered 2-litre dish.	5 - 7
Peas	250 g	Cook in covered 2-litre dish.	5 - 7
Spinach	250 g	Cook in covered 2-litre dish.	5 - 7

Dried Beans and Peas Chart

Item	Container	Amount of Hot Water	Approx. Time to Boil Hot Water on HIGH Covered (in mins.)	To Cook Beans on MED LOW Covered (in mins.)
Lentils (250 g)	4-litre dish	2 litre	10 - 12	15 - 20
Soup mix (250 g)	4-litre dish	2 litre	10 - 12	15 - 20
Split peas (250 g)	4-litre dish	2 litre	10 - 12	20 - 25
Beans (250 g) Soaked overnight	4-litre dish	2 litre	10 - 12	25 - 30

Fresh Vegetables Chart for Time Cooking

Vegetables should be covered and cooked on HIGH power for best results. Weights given are trimmed weights.

Vegetable	Quantity	Cooking Procedure	Approximate Cooking Time (in min.) on HIGH power
Asparagus	250 g	Covered dish with 1/2 cup (125 ml) water.	4 - 6
Beans (sliced)-finely	250 g	Covered dish with 1/4 cup (60 ml) water.	6 - 8
Beets	4 whole (1 kg)	Covered with 2 cups (500 ml) water in a 4-litre dish. Stand after cooking 5 mins.	15 - 20
Broccoli	500 g	Flowerets only, in a covered dish with 1/4 cup (60 ml) water.	6 - 8
Brussels sprouts	500 g	Covered dish with 1/4 cup (60 ml) water.	4 - 6
Cabbage	500 g	Shredded, with 1/4 cup (60 ml) water in a covered dish.	6 - 8
Carrots	4 (sliced finely) (225 g)	With 1/4 cup (60 ml) water in a covered dish.	4 - 6
Cauliflower	500 g	Flowerets with 1/4 cup (60 ml) water in a covered dish.	6 - 8
Celery	6 stalks (400 g)	Cut in 1 cm angled pieces with 1/4 cup (60 ml) water, in a covered dish.	6 - 8
Corn	2 cobs (500 g) 4 cobs (1 kg)	Brush with melted butter and cook on a covered dish.	4 - 6 8 - 10
Eggplant	1 (500 g)	Dice with 1/4 cup (60 ml) water in a covered dish.	4 - 6
Onions	3 (200 g)	Cut in quarters with 1/4 cup (60 ml) water in a covered dish.	6 - 8
Mushrooms	250 g (sliced)	Cook with 2 tablespoons (30 ml) butter in a covered dish.	3 - 5
Peas	250 g	Shell peas and place with 1/4 cup (60 ml) water ina covered dish.	4 - 6
Potatoes mashed jacket	5 (500 g)	Peeled and quartered with 1/4 cup (60 ml) water. Prick skins, on paper towel lined plate, uncovered.	10 - 12 8 - 10
Pumpkin	500 g	Peeled and cut into uniform pieces with 1/4 cup (60 ml) water in a covered dish.	8 - 10
Spinach	250 g	Remove stem, cut leaves into small pieces. With 1/4 cup (60 ml) water in a dish, covered.	4 - 6
Sweet potato (kumara)	500 g	In serving size pieces with 2 tablespoons (30 ml) butter in a covered dish.	6 - 8
Turnips	500 g	Peeled and sliced finely with 1/4 cup (60 ml) water in a covered dish.	6 - 8
Tomatoes	2 (300 g)	Sliced and cooked covered with 1 tablespoon (15 ml) butter in a dish.	2 - 4
Zucchini (courgette)	500 g	Cut in 2 cm pieces in a covered dish.	5 - 7

Creamed Spinach A

Serves: 4

Ingredients:

1	bunch spinach, roughly chopped	1
4	shallots (spring onions), finely chopped	4
1	clove garlic, crushed	1
2 tablespoons	sour cream	30 ml
	salt and pepper	

Method:
Wash and drain spinach leaves, shallots (spring onions) and garlic in a covered 3-litre casserole dish.

☛ **To Cook by Microwave:** Cook on HIGH for 6 to 8 minutes.

or

☛ **To Cook by One Touch Cooking:** Press **Vegetables** pad, then press **Start** pad.

Drain well by squeezing between two dinner plates. Toss through remaining ingredients. Season to taste. Cook on HIGH for 1 to 2 minutes. Serve.

Broccoli and Cheese Sauce A

Serves: 2 to 3

Ingredients:

250 g	broccoli, washed, trimmed and cut into florets	250 g
2 tablespoon	water	30 ml
Cheese Sauce:		
2 tablespoons	butter	30 ml
2 tablespoons	flour	30 ml
1 cup	milk	250 ml
3/4 cups	grated cheese	190 ml
1/4 teaspoon	mustard	1 ml
	salt and pepper	

Method:
Place broccoli and water in a covered 2-litre casserole dish.

☛ **To Cook by Microwave:** Cook on HIGH for 6 to 8 minutes. Drain and set aside.

or

☛ **To Cook by One Touch Cooking:** Press **Vegetables** pad, then press **Start** pad. Drain and set aside.

Place butter in a 4-cup (1 litre) jug and cook on HIGH for 30 seconds. Add flour and mix well. Cook on HIGH for 20 to 30 seconds. Add milk gradually and stir well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on MEDIUM for a further 1 minute.

Fanned Potatoes C

Serves: 4

Ingredients:

50 g	butter	50 g
800 g	potatoes, peeled	800 g
	salt	
	paprika	

Method:
Melt butter in a 2-cup (500 ml) jug on HIGH for 1 to 2 minutes. Preheat oven to 200°C. Cut potatoes widthwise in thin slices, without cutting right through to the base. Place potatoes on Low Rack with cut side uppermost. Pour over melted butter. Sprinkle with salt and paprika. Cook on 200°C for 40 to 45 minutes, basting occasionally.

Savoury Brussels Sprouts A

Serves: 4

Ingredients:

500 g	Brussels sprouts	500 g
2 tablespoons	butter	30 ml
150 g	bacon, rind removed and bacon finely chopped	150 g
1	onion, finely chopped	
1 teaspoon	dill or basil	5 ml
1 teaspoon	sugar	5 ml

Method:
Wash and drain Brussels sprouts. Place in a covered 2-litre casserole dish.

☛ **To Cook by Microwave:** Cook on HIGH for 4 to 5 minutes. Drain.

or

☛ **To Cook by One Touch Cooking:** Press **Vegetables** pad, then press **Start** pad. Drain.

Place remaining ingredients in a 2-litre casserole dish. Cook on HIGH for 3 to 5 minutes. Add Brussels sprouts and cook on HIGH 1 to 2 minutes. Serve.

Herbed Grilled Mushrooms G

Serves: 4

Ingredients:

200 g	mushrooms	200 g
50 g	butter	50 g
1/4 teaspoon	oregano	1 ml
1/4 cup	chopped parsley	60 ml
1	clove garlic crushed	1
	salt and pepper	

Method:
Trim stalks off mushrooms. Mix together remaining ingredients in a small bowl. Dot mushrooms with butter mixture and place in a shallow dish. Preheat oven to Grill 1. Cook for 10 to 12 minutes, turning several times during cooking.

Frittata

Serves: 4

Ingredients:

400 g	potatoes (approx. 4) thinly sliced	400 g
1	onion, peeled and sliced	1
1/2	red capsicum (pepper), finely sliced	1/2
1/2	green capsicum, finely sliced	1/2
1	medium sized tomato, chopped	1
2 tablespoons	chopped basil	30 ml
4	eggs	4
1/3 cup	sour cream	85 ml
	salt and pepper	
1/2 cup	grated tasty cheese	125 ml

Method:

Arrange potatoes and onion into a 2 litre flat dish, with 1 Tablespoon of butter. Cook on HIGH for 8-10 minutes. Prepare remaining vegetables. Preheat a browning dish on HIGH for 5 minutes. Beat together eggs and sour cream. Season with salt and pepper. Add extra butter and remaining vegetables to browning dish. Stir quickly.

Cook on HIGH for 5 minutes. Add vegetables on top of potatoes. Pour over egg and sour cream mixture. Cook on HIGH for 5 minutes. Sprinkle with cheese and cook on MEDIUM HIGH for extra 8-10 minutes. Allow to stand covered for 5 minutes before serving.

Vegetable Casserole

Serves: 2 to 4

Ingredients:

1	onion, thinly sliced	1
1	carrot, thinly sliced	1
1	zucchini, thinly sliced	1
1/2 teaspoon	ground coriander	2 ml
1/4 teaspoon	turmeric	1 ml
1	chicken stock cube	1
3/4 cups	hot tap water	190 ml
1 tablespoon	butter	15 ml
1 tablespoon	flour	15 ml

Method:

Place onion, carrot, zucchini, coriander, turmeric, stock cube, water and butter in a covered 2-litre casserole dish. Cook on HIGH for 5 to 7 minutes. Drain the liquid into a small bowl and blend with the flour. Mix well. Stir the flour mixture through the vegetables and cook on HIGH for 2 to 3 minutes. Stir and serve.

Stuffed Tomatoes

Serves: 2

Ingredients:

4	tomatoes	4
3/4 cup	fresh bread crumbs	190 ml
1/2 cup	grated cheese	125 ml
1	small onion, finely diced	1
1	clove garlic, crushed	1
2 tablespoon	shredded basil	30 ml
	salt, pepper to taste	
1/4 cup	extra cheese	60 ml

Method:

Cut tops off tomatoes. Scoop out pulp of tomato with a teaspoon. Mix pulp with remaining ingredients, except extra cheese. Place tomatoes in a one litre dish. Cook on HIGH for 2-3 minute. Spoon mixture back into tomato shells. Sprinkle with extra cheese. Cook on HIGH for 4-5 minutes.

Herbed Vegetables R

Serves: 4 to 6

Ingredients:

200 g	sliced snow peas	200 g
200 g	sliced carrots	200 g
200 g	sliced zucchini	200 g
2 tablespoons	chopped fresh parsley	30 ml

Method:

Place snow peas, carrots and zucchini in a 2-litre casserole dish, cover. Cook on HIGH for 6 to 7 minutes, stirring once during cooking. Sprinkle with parsley and serve.

Oriental Vegetables

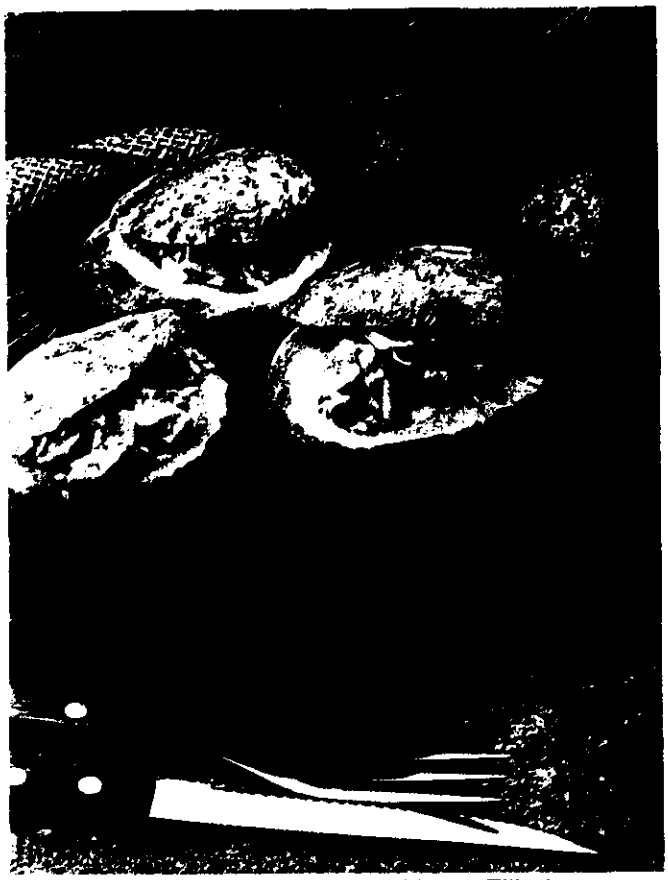
Serves: 4 to 6

Ingredients:

1 cup	diagonally sliced celery	250 ml
1	large onion, cut into petals	
1	green capsicum (pepper), cut into 2.5 cm pieces	1
1	red capsicum (pepper), cut into 2.5 cm pieces	1
1 cup	sliced mushrooms	250 ml
1 tablespoon	Hoi Sin sauce	15 ml
2 teaspoons	soy sauce	10 ml

Method:

Place vegetables in a 2-litre casserole dish and stir well. Cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Mix together sauces in 1 cup (250 ml) glass jug and cook on HIGH for 1 minute. Pour over hot vegetables and mix well.



Cheese and Ham Filled potatoes

Cheese and Ham Filled potatoes R

Serves: 4

Ingredients:

4	medium sized potatoes	4
100 g	ham, finely sliced	100 g
3 tablespoons	chopped chives	45 ml
40 g	butter	50 g
1/2 cup	grated Cheddar cheese	125 ml
	ground black pepper	

Method:
Please potatoes on a dinner plate. Cook on HIGH for 5 to 7 minutes. Stand for 2 to 4 minutes. Cut off potato tops and scoop out filling. Place filling in a bowl and mash with remaining ingredients. Spoon filling into potatoes. Cook on HIGH for 3 to 5 minutes.

Cheesy Mashed Potatoes

Serves: 4

Ingredients:

500 g	potatoes, peeled and quartered	500 g
1/4 cup	water	60 ml
1/4 cup	milk	60 ml
1 tablespoon	butter	15 ml
1/4 cup	grated cheese	60 ml
	pinch of nutmeg	

Method:
Place potatoes and water into a 2-litre casserole dish. Cover and cook on HIGH for 6 to 10 minutes. Drain. Mash potatoes with a potato masher. Add remaining ingredients except nutmeg. Mix well. Cook on HIGH for 1 minute, sprinkle with nutmeg. Stir well before serving.

Mini Baked Potatoes G R

Serves: 4

Ingredients:

500 g	chat potatoes, halved	500 g
	oil	
1 tablespoon	dried thyme	15 ml

Method:
Place potatoes in a shallow dish. Brush with oil and sprinkle with thyme. Cook on GRILL 1 for 40 minutes, turning over and rearranging halfway through the cooking time.

Jacket Potatoes

Makes: 2

Ingredients:

2	potatoes (approx. 250 g)	2

Method:
Scrub potatoes, wash and pat dry with paper towel. Prick skin with a fork. Place potatoes on paper towel lined plate. Cook on HIGH for 4 to 6 minutes.
Tip: Add 1 tablespoon (15 ml) of butter and parsley if desired.

Vegetable Curry R

Serves: 4

Ingredients:

1	onion, sliced	1
2 tablespoons	green curry paste	30 ml
3 cups	sliced vegetables	750 ml
1 can (440 g)	chick peas, drained	1 can (440 g)
1 cup	coconut milk	250 ml
1 tablespoon	lemon juice	15 ml
1 tablespoon	soy sauce	15 ml
1/2 cup	chopped nuts	125 ml

Method:
Place onion and curry paste in a 3-litre casserole dish. Cook on HIGH for 2 minutes. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on HIGH for 6 to 7 minutes. Sprinkle with chopped nuts. Serve with jasmine rice.

Saute Mushrooms

Serves: 4 to 6

Ingredients:

1 tablespoon	butter	15 ml
400 g	mushrooms	400 ml
1	clove garlic, crushed	1
	salt and pepper	
2 tablespoons	chopped parsley	30 ml

Method:
Place butter in a 2-litre dish and cook on HIGH for 30 to 40 seconds. Add mushrooms, garlic, salt, pepper and parsley. Cover and cook on HIGH for 3 to 4 minutes. Stir halfway through cooking.

Honey Glazed Carrots A

Serves: 4 to 6

Ingredients:

500 g	carrots (approx. 4)	500 g
2 tablespoons	brown sugar	30 ml
2 teaspoons	butter	10 ml
2 tablespoons	honey	30 ml

Method:
Peel and thinly slice carrots. Combine all ingredients in a 2-litre casserole dish.

☛ **Cook by Microwave:** Cover and cook on HIGH for 6 to 8 minutes. Serve.

or

☛ **To Cook by One Touch Cooking:** Prepare as above. Cover with a lid or plastic wrap. Press **Vegetables** pad, then press **Start** pad. Serve.

Potato Casserole MC G R

Serves: 4 to 6

Ingredients:

750 g	peeled and sliced potatoes	750 g
1 cup	sour cream	250 ml
1/4 cup	milk	60 ml
3	shallots (spring onions), sliced	3
2	bacon rashers, chopped	2
1/2 cup	grated cheese	125 ml

Method:
Combine potatoes, sour cream and milk in a 2-litre casserole dish. Cook on Combination 5 for 30 minutes. Top with shallots (spring onions), bacon and cheese and cook on Grill 1 for 10 minutes.

Tomato and Onion

Serves: 4

Ingredients:

600 g	tomatoes, thinly sliced (approx. 3)	600 g
1	onion, thinly sliced	1
1/2 teaspoon	basil	2 ml
	salt and pepper to taste	

Method:
Place all ingredients into a 2-litre casserole dish. Cook covered on HIGH for 7 to 10 minutes. Serve with barbecued steak or grilled meat.

Cabbage Ham and Onion A

Serves: 6

Ingredients:

500 g	cabbage, shredded	500 g
2 tablespoons	water	30 ml
1	onion, finely chopped	1
1 tablespoon	butter	15 ml
125 g	ham, finely chopped	125 g
	salt and pepper	

Method:
Place cabbage and water in a 3-litre casserole dish.

☛ **To Cook by Microwave:** Cover and cook on HIGH for 10 to 12 minutes. Drain and set aside.

or

☛ **To Cook by One Touch Cooking:** Press **Vegetables** pad, then press **Start** pad. Drain and set aside.

Place onion and butter in a 1-litre casserole dish and cook on HIGH for 3 to 4 minutes. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on HIGH for 2 to 3 minutes. Season with salt and pepper and serve.

Crispy Jacket Potatoes MC

Serves: 4

Potatoes should always be pricked with a skewer to prevent bursting.

Ingredients:

4	equal sized potatoes (approx. 450 g)	4
	salt	
4 tablespoons	sour cream	1 litre
	snipped chive	

Method:
Scrub potatoes, wash and pat dry with paper towel. Prick skin and rub each potato with salt. Place potatoes in a 2-litre casserole dish. Cook on Combination 5 for 30 to 35 minutes. With a sharp knife cut a cross in the top of each potato. Serve with sour cream and snipped chives.

Stuffed Capsicum (Peppers)

Serves: 4

Ingredients:

4	medium sized green capsicum (pepper), remove tops and seeds	4
1 cup	cooked rice	250 ml
1/2 teaspoon	mixed herbs	2 ml
1	onion, finely chopped	1
1 cup	finely chopped ham or chicken	250 ml
1/4 cup	cream	60 ml
	salt and pepper to taste	
1/2 cup	grated tasty cheese	125 ml
	paprika	

Method:
Cook capsicum (pepper) in a 2-litre covered casserole dish on HIGH for 6 to 8 minutes. Drain off excess water. Combine rice, herbs, onion, meat, cream, salt and pepper. Mix well. Fill capsicum (pepper). Top with grated cheese. Cook, uncovered,

Corn on the Cob

Serves: 4

Ingredients:

4	cobs corn	4
2 tablespoons	butter	30 ml
	salt and pepper	

Method:
Place corn cobs in a 3-litre casserole dish and dot with butter. Cook covered on HIGH for 12 to 14 minutes. Stand covered for 5 minutes. Season with salt and pepper.

Curried Creamy Beans

Serves: 4

Ingredients:

2 cups	frozen green beans	500 ml
2 tablespoons	cream cheese	30 ml
2 tablespoons	sour cream	30 ml
2	shallots (spring onions), finely sliced	2
1/2 teaspoon	curry powder	2 ml
1/4 teaspoon	salt	1 ml

Method:
Place beans in a 2-litre casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Drain and allow to stand, covered. Mix remaining ingredients in a jug or a small bowl. Pour over beans and mix well. Cook on HIGH for 30 to 60 seconds. Serve hot.

Minted Peas

Serves: 4

Ingredients:

1 kg	fresh peas, podded	1 kg
1 teaspoon	water	5 ml
1 teaspoon	butter	5 ml
1 tablespoon	chopped mint	15 ml
	salt and pepper	

Method:
Combine all ingredients in a 1 litre casserole dish. Cover and cook on HIGH for 6 to 8 minutes. Stir and serve.

Tip: Frozen Peas can be substituted for fresh. 250 g of frozen peas will take 5 to 7 minutes on HIGH.

Potato Wedges G R

Serves: 2 to 4

Ingredients:

500 g	potatoes, cut into wedges
oil for brushing	

Method:
In a shallow dish place potato wedges and brush with oil. Cook on HIGH for 5 minutes. Place dish on Oven Rack. Set Grill 1 for 30 minutes.

Tomato Vegetable Casserole R

Serves: 4 to 6

Ingredients:

200 g	mushrooms, sliced	200 g
1	eggplant, chopped	1
200 g	zucchini, sliced	200 g
1	capsicum (pepper), sliced	1
1	onion, sliced	1
1 can (410 g)	tomatoes	1 can (410 g)
1/2 cup	tomato purée	125 ml
1 teaspoon	mixed herbs	5 ml
1 teaspoon	minced garlic	5 ml

Method:
Place mushrooms, eggplant, zucchini, capsicum (pepper) and onion in a 4-litre casserole dish. Cover and cook on HIGH for 6 to 8 minutes. Add tomatoes, tomato purée, herbs and garlic. Cover and cook on HIGH for 8 to 10 minutes.

Directions for Cooking Rice and Other Grains by Microwave

Follow directions in chart on page 75 for recommended dish size, amounts of water and cooking time. Add grain to boiling water. Add salt and butter according to package directions.

Cook on HIGH for time recommended in chart. Allow to stand covered before serving.

For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

Directions for Cooking Pasta by Microwave

Follow directions in the chart on page 75 for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon (5 ml) salt and 1 tablespoon (15 ml) oil. Add pasta and cook for times recommended in the chart.

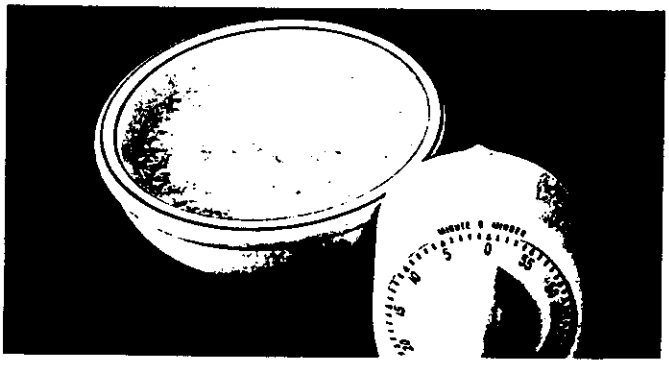
Cook on HIGH. Test pasta for desired cooking before adding more time. Slightly under cook pasta that will be heated again in casserole. Stir and let stand, uncovered for 5 minutes.

Drain and rinse before serving.

Directions for Cooking Hot Cereal by Microwave

Combine 1/4 cup (60 ml) of quick cooking oats, pinch salt and 2/3 cups (165 ml) hot tap water in a breakfast bowl.

Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking.



Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

Directions for Cooking Rice and Other Grains by Microwave

Item	Container	Amount of Boiling Water	Approx. Time to Cook Grain on HIGH Uncovered (in minutes)	Standing Time (in minutes)
RICE Quick Cook Brown (1 cup/250 ml)	4-litre dish	2 1/3 cups (1 litre)	15 - 18	
Brown (1 cup/250 ml)	4-litre dish	2 1/4 cups (560 ml)	22 - 25	10
Long grain (1 cup/250 ml)	3-litre dish	1 1/2 cups (375 ml)	10 - 12	5
Short grain (1 cup/250 ml)	3-litre dish	1 1/2 cups (375 ml)	10 - 12	5
JASMINE (1 cup/250 ml)	3-litre dish	1 1/2 cups (375 ml)	12 - 14	5

Directions for Cooking Pasta by Microwave

Item	Container	Amount of Boiling Water	Approx. Time to Cook Pasta on HIGH Uncovered (in minutes)	Standing Time (in minutes)
Dried fettuccine (250 g)	4-litre dish	6 cups (1.5 litre)	12 - 15	5
Elbow macaroni, shells, etc. (250 g)	3-litre dish	4 cups (1 litre)	12 - 15	5
Fresh spaghetti, fettuccine (375 g)	4-litre dish	6 cups (1.5 litre)	8 - 10	5
Dried spaghetti (250 g)	4-litre dish	4 cups (1 litre)	12 - 15	5
Fresh tortellini, ravioli (375 g)	4-litre dish	4 cups (1 litre)	10 - 12	5

Fragrant Coconut Rice R

Serves: 4 to 6

Ingredients:

1	onion, finely chopped	1
2 cups	long grain rice	500 ml
600 ml	chicken stock	600 ml
300 ml	coconut milk	300 ml
1 teaspoon	turmeric	5 ml

Method:

Place all ingredients in a 3-litre casserole dish. Cook on HIGH for 18 to 20 minutes. Stir and stand covered for 10 minutes.

Cheesy Vegetable Tortellini

Serves: 3 to 4

Ingredients:

700 g	fresh tortellini	700 g
8 cups	hot tap water	2 litre

Sauce:

2 tablespoons	butter	30 ml
2 tablespoons	flour	30 ml
2 cups	milk	500 ml
1 cup	grated tasty cheese	250 ml
	1 red capsicum finely sliced	
200 g	snow peas, finely sliced	200 g
1 teaspoon	dried marjoram	5 ml
1 teaspoon	cracked black pepper	5 ml

Method:

Place the pasta and water in a 3-litre pyrex casserole dish, cover and cook on HIGH for 12 to 15 minutes. While the pasta is cooking, prepare all the ingredients for the sauce. When the pasta is cooked, allow to stand covered. Place the butter and flour in a 3-litre pyrex casserole dish and cook on HIGH for 30 to 40 seconds. Slowly beat in the milk and cook for a further 3 to 4 minutes, stirring once during cooking. Add the prepared vegetables, marjoram, pepper and cheese. Cook on HIGH for 2 minutes. Drain the pasta and mix through the sauce. Serve topped with parmesan cheese and chopped parsley.

Seasoned Rice R

Serves: 4 to 6

Ingredients:

1	onion, chopped	1
1 cup	long grain rice	250 ml
1 teaspoon	thyme	5 ml
2 1/2 cups	chicken stock	625 ml
1/4 cup	slivered almonds	60 ml

Method:
In a 3-litre casserole dish place onion, rice, thyme and chicken stock. Cook on HIGH for 15 minutes and stir. Stand covered for 10 minutes. Stir in almonds. Serve hot.

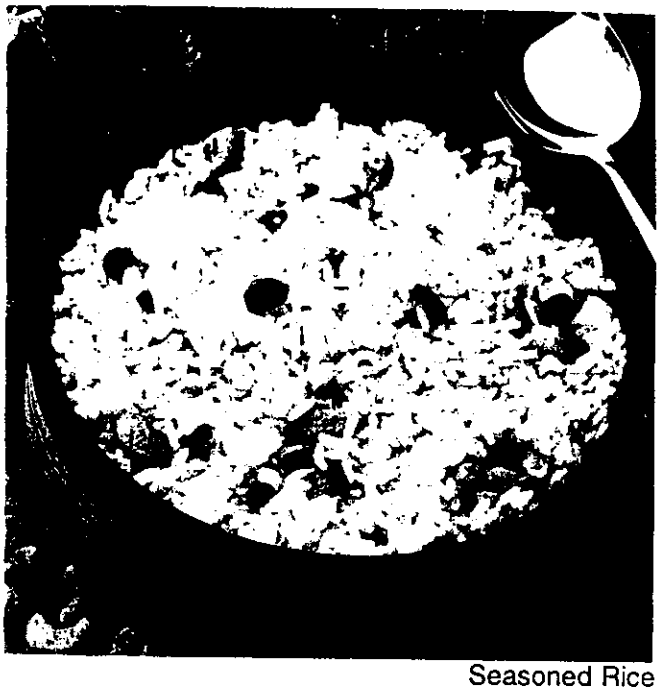
Paella

Serves: 6 to 8

Ingredients:

500 g	mussels in shell	500 g
1/4 cup	water	60 ml
1	green capsicum (pepper), sliced	1
1	red capsicum (pepper), sliced	1
2	onions, sliced	2
1	clove garlic, crushed	1
2 tablespoons	butter	30 ml
2 cups	long grain rice	500 ml
1 can (440 g)	peeled tomatoes, roughly chopped	1 can (440 g)
1 1/2 cups	hot chicken stock	375 ml
	pinch saffron powder	
1 1/2 cups	cooked diced chicken	375 ml
200 g	peeled green prawns	200 g

Method:
Place mussels and water into a 3-litre dish, cover and cook on MED HIGH for 4 to 5 minutes. Set aside. Place onions, garlic and butter into a 4-litre dish and cook on HIGH for 4 to 5 minutes. Add rice and stir well. Cook on HIGH for 2 to 3 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on HIGH for 16 to 18 minutes. Stir in capsicum (pepper), chicken, prawns and mussels and cook on MED HIGH for 4 to 6 minutes. Stand for 5 minutes before serving.



Seasoned Rice

Stir Fried Rice

Serves: 4

Ingredients:

1 tablespoon	vegetable oil	15 ml
1	clove garlic, crushed	1
	1 cm piece of green ginger, finely chopped	
1	small carrot, finely chopped	1
1	stick celery, sliced	1
1/2	green or red capsicum (pepper), cut in strips	1/2
6 to 8	medium mushrooms, sliced	6 to 8
3	shallots (spring onions), chopped	3
2	eggs	2
1	small can prawns (optional)	1
1 to 2tablespoons	soy sauce	15 to 30 ml
2 cups	cooked brown rice	500 ml

Method:
Place oil, garlic and ginger in a large shallow dish and cook on HIGH for 1 to 2 minutes. Add carrot, celery and capsicum (pepper) and cook a further 3 minutes on HIGH. Break eggs into a small dish, add pepper to taste, mix well and cook on MED HIGH for 1 1/2 to 2 minutes. Slice into thin strips. Add eggs plus all remaining ingredients to vegetable mixture. Stir well and cook on HIGH for 3 to 5 minutes to heat thoroughly. Serve.
Note: 1 cup uncooked rice will yield 2 cups cooked.

Bacon and Onion Fettuccine

Bacon and Onion Fettuccine

Serves: 4

Ingredients:

250 g	fettuccine	250 g
4 cups	hot tap water	1 litre
1 tablespoon	butter	15 ml
1	onion, finely chopped	1
1	clove garlic, crushed	1
3	rashers bacon, rind removed and bacon chopped	3
1/2 cup	cream	125 ml
1 tablespoon	grated Parmesan cheese	15 ml
2 tablespoons	finely chopped parsley	30 ml
1/2 teaspoon	freshly ground black pepper	2 ml
1/4 teaspoon	salt	1 ml
1 tablespoon	extra Parmesan cheese	15 ml

Method:

Place fettuccine and water in a 3-litre casserole dish. Cook on HIGH for 8 to 10 minutes. Stand covered for 2 minutes. Drain. Place butter in a 2-litre casserole dish and cook on HIGH for 30 seconds. Add onion, garlic and bacon and cook on HIGH for 5 minutes. Add cream, Parmesan cheese, parsley, drained fettuccine and seasonings and mix well. Cook on HIGH for 2 minutes. Serve sprinkled with extra Parmesan cheese.

Rice Salad

Serves: 6 to 8

Ingredients:

2 cups	long grain brown rice	500 ml
2	shallots (spring onions), chopped	2
1	red capsicum (pepper), chopped	1
2	stalks celery, chopped	2
1/3 cup	dates, stoned and chopped	85 ml
1/4 cup	blanched almonds	60 ml
1/4 cup	sunflower seeds	60 ml
Dressing:		
2 tablespoons	oil	30 ml
2 tablespoons	unsweetened apple juice	30 ml
2 tablespoons	cider vinegar	30 ml
2 tablespoons	bran	30 ml
1 teaspoon	curry powder	5 ml
1	clove garlic, crushed	1
	black pepper	

Method:

Follow method for boiled brown rice recipe to cook rice. Drain rice and allow to cool. Combine with prepared ingredients. Prior to serving, pour dressing over.

Salad dressing:

Shake all ingredients in a screw top jar until well mixed.

Chicken Risotto R

Serves: 4 to 6

Ingredients:

1	onion, sliced	1
2 cups	short grain rice	500 ml
1 teaspoon	dried thyme	5 ml
1 teaspoon	cracked black pepper	5 ml
4 cups	chicken stock	1 litre
1/4	green capsicum (pepper), sliced	1/4
1/4	red capsicum (pepper), sliced	1/4
2	sticks celery, sliced	2
4	shallots (spring onions), chopped	4
2	cooked sliced chicken fillets	2
1/3 cup	toasted slivered almonds	85 ml

Method:

Place onion, rice, thyme, pepper and chicken stock in a 4-litre casserole dish. Cook on HIGH for 18 to 20 minutes. Add capsicum (peppers), celery, shallots (spring onions), chicken fillets and slivered almonds. Stir until combined and cook on HIGH for 4 minutes. Serve while warm.

Pasta Salad

Serves: 4

Ingredients:

225 g	pasta shapes, i.e. shells, twists	225 g
1 teaspoon	salt	5 ml
6 cups	boiling water	1,5 litre
1 tablespoon	oil	15 ml
45 g	butter	45 g
120 g	mushrooms, sliced	120 g
4	shallots (spring onions), finely chopped	
1	small red capsicum (pepper), deseeded and cut in julienne strips	1
1	small green capsicum, deseeded and cut in julienne strips	1
1/4 cup	salad oil	60 ml
3 tablespoons	malt vinegar	45 ml
1 tablespoon	tomato paste	15 ml
1 teaspoon	poppy seeds	5 ml
2 teaspoons	mixed dried herbs	5 ml
	ground pepper to taste	

Method:

Place pasta, salt, water and oil in a large bowl. Cook on HIGH for 8 to 10 minutes, then leave to stand, covered for 5 minutes.

Drain and leave to thoroughly cool. Place the butter in a bowl and cook on HIGH for 30 to 40 seconds to melt. Add the mushrooms and cook on HIGH for 1 1/2 to 2 minutes. Drain and leave to cool. When pasta and mushrooms are thoroughly cold place in a large bowl with shallots and capsicum. Put the salad oil, vinegar, tomato paste, poppy seeds, herbs and cracked pepper in a screw topped jar. Shake to thoroughly combine. Pour over the pasta mixture and stir until all the ingredients are coated with dressing. Chill well before serving.

Pesto and Egg Noodles

Serves: 6 to 8

Ingredients:

6 cups	boiling water	1,5 litre
250 g	packet egg noodles	250 g
2	cloves garlic, crushed	2
1/2 cup	chopped fresh basil leaves	125 ml
1/4 cup	pine nuts, finely chopped	60 ml
1/2 cup	grated Parmesan cheese	125 ml
1 cup	olive oil	250 ml
	salt and black pepper	

Method:

Place water in a 3-litre casserole dish. Add egg noodles. Cook on HIGH for 6 to 8 minutes. Mix together garlic, basil, nuts and cheese. Gradually pour in olive oil, stirring constantly. Season and stir through drained noodles.

Pesto and Egg Noodles

Tip: Olive oil may be added to the sauce by placing all ingredients into a food processor and pouring through the opening in a constant fine stream.

Chicken and Mushroom Pasta Sauce R

Serves: 6

Ingredients:

30 g	butter	30 g
1	onion, chopped	1
1	clove garlic, chopped	1
2 tablespoons	flour	30 ml
1/2 teaspoon	mustard	2 ml
1 1/2 cups	milk	375 ml
1 cup	diced cooked chicken	250 ml
1 cup	sliced mushrooms	250 ml
1/2 cup	grated cheese	125 ml
2 tablespoons	chopped parsley	30 ml

Method:

Place butter, onion and garlic in a 3 litre dish. Cook on HIGH for 2 to 4 minutes. Stir in flour and mustard. Cook on HIGH for 1 minutes. Whisk in milk. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Mix in chicken, mushrooms, cheese and parsley. Cook on HIGH for 4 minutes, stirring halfway through. Serve with your favourite pasta.

Caramel Banana Cake C

Makes: 1 x 20 cm ring cake

Ingredients:

125 g	butter	125 g
3/4 cups	brown sugar	190 ml
2	eggs, lightly beaten	2
1 cup	mashed banana	250 ml
1 1/2 cups	self-raising flour	375 ml
1 teaspoon	bicarbonate of soda	5 ml
3/4 cups	sour cream	190 ml
1 tablespoon	milk	15 ml
1/2 cup	pecans, roughly chopped	125 ml

Caramel Icing:

40 g	butter	40 g
1/2 cup	brown sugar	125 ml
2 tablespoons	sour cream	30 ml
1/4 cup	pecans, roughly chopped	60 ml
1 1/2 cups	icing sugar	375 ml

Method:
Preheat oven to 170°C. Cream butter and sugar until light and fluffy. Beat in eggs until combined. Stir in banana. Fold in sifted dry ingredients alternately with sour cream and milk. Stir in pecans. Pour into greased and lined 20 cm ring pan. Cook on Convection for 45 minutes or until cooked. When cool, spread with caramel icing.

Caramel Icing:
Melt butter and brown sugar on HIGH for 1 to 2 minutes. Heat until well combined. Do not boil. Add sour cream, stir in icing sugar. Spread over cooled cake. Decorate with pecans.

Lemon Poppy Seed Pound Cake C

Makes: 1 x 19 x 9 cm loaf pan

Ingredients:

125 g	butter	125 g
1 cup	caster sugar	250 ml
1 teaspoon	vanilla	5 ml
1 1/2 cups	self-raising flour	375 ml
1/2 cup	sour cream	125 ml
3 tablespoon	poppy seeds	45 ml
2	eggs	2

Syrup:

1/4 cup	fresh lemon juice	60 ml
1/4 cup	sugar	60 ml

Method:
Preheat oven to 180°C. Cream butter and sugar together and vanilla until light and fluffy. Beat in eggs one at a time until combined. Stir in half the sifted flour, sour cream and poppy seeds. Repeat with remaining. Pour into a loaf pan. Bake in oven for 50-60 minutes, or until golden brown. Prick with a skewer and brush lemon syrup over cake, whilst still warm, and in the pan.

Syrup:
Combine sugar and lemon juice, heat on HIGH for 2 minutes, mix to dissolve sugar.

Quick Mix Chocolate Cake

Makes: 1 x 20 cm ring cake

Ingredients:

1 cup	self-raising flour	250 ml
1 cup	caster sugar	250 ml
2 tablespoons	cocoa	30 ml
3 tablespoons	butter, softened	45 ml
2	eggs	2
1/3 cup	milk	85 ml

Method:
Sift all dry ingredients into a bowl, add butter, eggs and milk. Beat with a wire whisk for 1 to 2 minutes. Grease a 2-litre plastic ring mould and line with paper towel. Pour mixture into mould and cook on MED HIGH for 5 to 7 minutes. Stand covered for 5 minutes before turning out. Cool on a wire rack.
Tip: To soften butter cook on MEDIUM for 10 to 15 seconds.

Chocolate Peppermint Slice C

Makes: 1 x 25 x 30 cm pan

Ingredients:

2/3 cup	self-raising flour, sifted	190 ml
2 tablespoon	cocoa, sifted	30 ml
1/4 teaspoon	bicarbonate of soda	1 ml
1/3 cup	caster sugar	85 ml
30 g	butter	30 g
1/3 cup	water	85 ml
1	egg	1
Filling:		
2 1/4 cup	icing sugar, sifted	560 ml
1 tablespoon	oil	15 ml
3 tablespoon	milk	45 ml
1/4 teaspoon	peppermint essence	1 ml
Topping:		
130 g	chocolate	130 g
60 g	butter	60 g

Method:
Grease and paper line a 25cm x 30cm pan. Set aside. Place all ingredients in the bowl of an electric mixer, beat until combined Add egg, beat until combined. Place mixture in the base of the prepared dish. Bake on 180°C for 20 minutes. Leave to cool. Cover with peppermint filling, place in refrigerator until set. spread with topping, leave to set.

Filling:
Add all ingredients in a bowl, mix well. Place in microwave for 40 seconds, or until spreadable.

Icing:
Combine chocolate and butter in a bowl, cook on MEDIUM-HIGH for 3 minutes, or until melted, stirring occasionally.

Cinnamon Tea Cake C

Serves: 4 to 6

Ingredients:

60 g	butter	60 g
1 teaspoon	vanilla essence	5 ml
1/2 cup	caster sugar	125 ml
1	egg	1
1 cup	self-raising flour	250 ml
1/3 cup	milk	85 ml
Topping:		
15 g	butter, melted	15 g
1 tablespoon	caster sugar	15 ml
1/2 teaspoon	ground cinnamon	2 ml

Method:
Grease and paper line a 20cm round cake pan. Set aside. Cream together butter and sugar. Gradually beat in sugar and egg. Stir in sifted flour and milk. Spread over base of prepared pan. Bake in at 180°C for 25 minutes. Allow to stand covered for 5 minutes before turning out to cool. Brush top of cake with topping.

Topping:
Combine all ingredients together, place in microwave on high for 1 minute or until the butter has melted.

Date and Walnut Fudge

Makes: 25 slices

Ingredients:

250 g	sweet biscuits, crushed	250 g
50 g	walnuts, chopped	50 g
100 g	dates, chopped	100 g
2 teaspoons	cocoa	10 ml
2 teaspoons	coffee powder	10 ml
175 g	dark chocolate, broken into pieces	175 g
1 can (400 g)	condensed milk	1 can (400 g)
1 teaspoon	vanilla essence	5 ml

Method:
Grease and line a 20 cm square dish. Mix biscuit crumbs, walnuts and dates in a bowl. Place remaining ingredients in a separate bowl and cook on MED HIGH for 2 to 3 minutes. Stir well. Pour melted mixture into dry ingredients and mix well. Press mixture into prepared dish. Smooth top and chill until set. Cut into squares.

Chocolate and Coffee Truffles

Makes: Approximately 24

Ingredients:

1 cup	icing sugar	250 ml
4 tablespoons	cocoa	60 ml
1 tablespoon	instant coffee powder	15 ml
60 g	plain sweet biscuits, crushed	60 g
60 g	copra	60 g
1 teaspoon	vanilla essence	5 ml
1/2 cup	condensed milk	125 ml
	chocolate sprinkles	

Method:
Sift icing sugar, cocoa and coffee into a bowl. Add biscuits and mix until well combined. Place copra in a small bowl and cook on HIGH for 1 1/2 to 2 minutes. Cool copra slightly and add to dry ingredients. Mix well. Add vanilla and condensed milk, combine until mixture is thick. Chill for 30 minutes. Pinch off pieces to form balls slightly smaller than a walnut shell. Roll in chocolate sprinkles and chill.

Rich Fruit Cake C

Serves: 6 to 8

Ingredients:

1 kg	mixed dried fruit	1 kg
1/2 cup	sherry	125 g
1/2 cup	water	125 g
1/2 cup	orange juice	125 g
1cup	slivered almonds	250 ml
250 g	butter	250 g
1 cup	brown sugar	250 ml
2 teaspoons	cinnamon	10 ml
2 teaspoons	mixed spice	10 ml
3	eggs lightly beaten	3
1 tablespoon	golden syrup	15 ml
2 teaspoons	parisienne essence	10 ml
1 1/2 cups	plain flour	375 ml
1 teaspoon	baking powder	5 ml

Method:
Grease a deep 23 cm round cake pan. Line the base and sides with two thicknesses of greaseproof paper, bring the paper 5 cm above the edge of the pan. Combine fruit, almonds, butter, sugar, spices, sherry and water in a large bowl. Cook on HIGH for 15 minutes, stir half way through cooking. Allow to cook slightly. Add eggs, golden syrup and parisienne essence to fruit mixture, stir in remaining ingredients. Spread mixture evenly into the pan.

☛ **To Cook by Convection:** Preheat oven to 150°C. Cook on Convection for 1 1/5 to 1 1/2 hours or until cake is cooked. Cover cake with foil. Allow to cool in pan about 1 hour before turning onto a wire rack.

Muffins

Banana and Pecan Muffins C

Makes: Approximately 12 to 15

Ingredients:

1 cup	self-raising flour	250 ml
1/2 cup	plain flour	125 ml
1/2 teaspoon	bicarbonate of soda	2 ml
1/2 cup	brown sugar, firmly packed	125 ml
1	eggs, lightly beaten	1
3/4 cups	milk	190 ml
3/4 cups	oil	190 ml
1/2 cup	mashed over-ripe bananas	125 ml
1/4 cup	chopped pecans	60 ml

Method:

Grease a muffin pan. Sift dry ingredients into a bowl, stir in sugar, then combined eggs, milk and oil, do not over-mix, batter should be lumpy. Stir in banana and pecans. Pour into muffin tins. Cook on 210°C for 18 to 20 minutes. Allow to stand before removing from pan. Cool on a rack.

Apricot Chocolate Chip Muffins MC R

Makes: 6

Ingredients:

1 cup	self-raising flour	250 ml
1/3 cup	caster sugar	85 ml
1/2 cup	chocolate bits	125 ml
1/2 cup	chopped dried apricots	125 ml
1	egg	1
1/3 cup	milk	85 ml
1/4 cup	oil	60 ml

Method:

Place all ingredients in a 2-litre dish. Stir until combine. Place mixture in a greased 6 muffin pan. Cook on Combination 6 for 15 minutes or until golden brown. Serve warm or cold.

Apricot Pecan Muffins C

Makes: 12 to 15

Ingredients:

1 cup	self-raising flour	250 ml
1/4 cup	caster sugar	60 ml
1/2 teaspoon	baking powder	2 ml
1	egg	1
1/2 cup	milk	125 ml
60 g	butter, melted	60 g
1/2 cup	chopped dried apricots	125 ml
1/2 cup	roughly chopped pecans	125 ml

Method:

Sift dry ingredients into a bowl, stir in sugar, then combined egg, milk and melted butter, do not over mix, batter should be lumpy. Stir in apricots and pecans. Pour into a greased muffin pan.
Cook on 210°C for 18 to 20 minutes. Allow to stand before removing from pan. Cool on a rack.

Apple Spice Muffins C

Makes: Approximately 12 to 15

Ingredients:

1 cup	self-raising flour	250 ml
1/2 cup	plain flour	125 ml
1/2 teaspoon	bicarbonate of soda	2 ml
1/2 cup	brown sugar, firmly packed	125 ml
1	eggs, lightly beaten	1
3/4 cups	milk	190 ml
1/3 cup	oil	85 ml
1 teaspoon	ground cinnamon	5 ml
1/2 cup	finely chopped apple	125 ml

Method:

Grease a muffin pan. Sift dry ingredients into a bowl, stir in sugar, then combined eggs, milk and oil, do not over mix, batter should be lumpy. Stir in cinnamon and apple. Pour into muffin pans.
Cook on 200°C for 20 minutes. Stand 2 minutes, remove from pan, cool on a wire rack.

Lace Biscuits C

Makes: 18 to 20 biscuits

Ingredients:

2 tablespoons	liquid glucose	30 ml
1/4 cup	brown sugar	60 ml
60 g	butter, melted	60 g
1/3 cup	plain flour	85 ml
60 g	almonds, finely chopped	60 g

Method:
Combine glucose and sugar in a 1-litre casserole dish. Cook on MEDIUM for 2 to 3 minutes. Add melted butter to glucose mixture. Stir in flour and almonds. Mix well. Preheat oven to 180°C. Place small teaspoonful of mixture 8 cm apart on a greased baking tray placed on Low Rack. Cook on 180°C for 8 to 10 minutes. Stand for 1 minute before removing biscuits from tray, to allow edges to firm for easier removal.
Tip: To make brandy snaps wrap hot biscuits around the handle of a wooden spoon and allow to cool. Fill centers with whipped cream.
Note: Liquid glucose is available at most health food shops.

Oatmeal Sultana Cookies C

Makes: Approximately 20 to 30

Ingredients:

125 g	butter	125 g
1 tablespoon	golden syrup	15 ml
1 cup	rolled oats	250 ml
1 cup	sultanas	250 ml
3 cup	self-raising flour	750 ml
1 cup	brown sugar	250 ml
2	eggs	2
1/2 cup	coconut	125 ml

Method:
Place butter and syrup in a 3-litre dish. Cook on MEDIUM-HIGH for 1 to 2 minutes or untill melted. Preheat oven to Convection 180°C. Add dry ingredients to melted butter and syrup, mix well. Place tablespoons of mixture onto greased baking trays, allow room for spreading. Cook in oven for 10-12 minutes, rotate trays half way through cooking time. Leave on trays for a few minutes to cool, transfer to wire racks.

HINT:
To soften cream cheese or butter, place in the oven on LOW for 1/2 to 1 minute per 1/2 cup (125 ml).

Chocolate Chip Cookies C

Makes: 15 large cookies

Ingredients:

125 g	butter	125 g
1/2 cup	brown sugar	125 ml
1/2 cup	caster sugar	125 ml
1/2 teaspoon	vanilla essence	2 ml
1	egg	1
1 1/2 cups	self-raising flour	375 ml
125 g	choc bits	125 g

Method:
Preheat oven to 180°C. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and chocolate bits. Place tablespoons of mixture on a greased baking tray placed on Low Rack. Cook on 180°C for 12 to 15 minutes or until golden brown.

Cinnamon Crisps C

Makes: Approximately 25

Ingredients:

60 g	butter	60 g
1/2 cup	caster sugar	125 ml
1 teaspoon	vanilla essence	5 ml
1	egg	1
3/4 cups	self-raising flour	190 ml
1 teaspoon	cinnamon	5 ml

Method:
Preheat oven to 180°C. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour. Place tablespoons of mixture on a greased baking tray placed on Low Rack. Cook on 180°C for 12 to 15 minutes or until golden brown.

Poppy Seed Biscuits C

Makes : Approximately 15

Ingredients:

125 g	butter	125 g
1 cup	caster sugar	250 ml
1 tablespoon	grated lemon rind	15 ml
1	egg	1
1 tablespoons	lemon juice	15 ml
1 tablespoons	poppy seeds	15 ml
1 1/2 cups	self-raising flour	375 ml

Method:
Preheat oven to 180°C. Cream butter, sugar and lemon zest together until light and fluffy. Beat in eggs and lemon juice until well combined. Fold in poppy seeds and flour. Place tablespoons of mixture on a greased baking tray placed on Low Rack. Bake for 12 to 15 minutes until golden brown.

Apple Puffs

Apple Puffs C

Makes: 2 slices

Ingredients:

2	apples, peeled & thinly sliced	2
1/4 cup	sugar	60 ml
1 teaspoon	cinnamon	5 ml
125 g	cream cheese	125 g
2 tablespoon	icing sugar	30 ml
1 teaspoon	vanilla	5 ml
3	sheets puff pastry	3
1	egg, beaten	1
1/4 cup	sugar, extra	60 ml

Method:

Preheat oven to 180°C. Toss apples, sugar and cinnamon together. Set aside. Mix cream cheese, icing sugar and vanilla together. Spread cream cheese mixture over 1/2 of each pastry sheet. Top with apples. Fold pastry over filled pastry half and secure edges together. Make several cuts in the top of the pastry. Brush with beaten egg and sprinkle with sugar if desired. Bake for 20 to 25 minutes on a greased tray.

Chocolate Brownies C R

Makes: 20 cm square pan

Ingredients:

125 g	butter	125 g
200 g	dark chocolate, chopped	200 g
1 cup	caster sugar	250 ml
1 teaspoon	vanilla essence	5 ml
2	eggs	2
1 cup	plain flour	1
Topping: (optional)		
150 g	dark chocolate	150 g
1/4 cup	sour cream	60 ml

Method:

Grease and line a 20 cm square pan. In a 2-litre dish place butter and chocolate. Cook on HIGH for 1 to 2 minutes, stirring once. Stir in sugar, vanilla essence, eggs and flour. Spread into prepared dish. Cook on Convection 180°C for 30 to 40 minutes. Allow to cool, remove from pan and spread with prepared topping if desired. Cut into small squares.

To Prepare Topping:

Melt chocolate on MED HIGH power for 1 to 2 minutes, stirring once. mix in sour cream.

Pan Scones C

makes 24 small or 12 large

Ingredients:

45 g	butter	45 g
1/3 cup	sugar	85 ml
1	egg, lightly beaten	1
1 1/2 cup	self-raising flour	375 ml
1 cup	milk	250 ml

Method:

Cream butter and sugar in a bowl until light and fluffy. Beat in egg. Stir in sifted flour and milk in two batches. Grease small or large muffin pans. Drop tablespoons of mixture in pans. Preheat oven to convection 200°C Cook for 10-15 minutes or until golden.

Caramel Coconut Slice MC

Makes: 1 x 20 x 20 cm pan

Ingredients:

100 g	butter	100 g
1/2 cup	plain flour	125 ml
1/2 cup	self-raising flour	125 ml
1/2 cup	coconut	125 ml
1/2 cup	caster sugar	125 ml
Filling:		
1 can (400 g)	sweetened condensed milk	1 can (400 g)
2 tablespoons	golden syrup	30 ml
1/3 cup		85 ml
40 g	brown sugar	40 g
1 can (400 g)	butter	1 can (400 g)
Topping:		
2	eggs	2
1/3 cup	caster sugar	85 ml
2 cups	coconut	500 ml

Method:
Grease and paper line a 19 x 28 cm lamington pan. Melt butter on HIGH for 1 to 2 minutes. Sift flours into bowl, stir in coconut, sugar and butter. Press over base of prepared pan. Spread filling over base and sprinkle with topping. Cook on Combination 2 for 25 to 30 minutes. To prepare filling, place all ingredients in a bowl and cook on MED HIGH for 3 to 5 minutes, stirring twice during cooking. To prepare topping, combine all ingredients and mix well.

Apricot Honey Slice R

Makes : 1 x 18 x 28 cm dish

Ingredients:

185 g	butter	185 g
2 tablespoon	honey	30 ml
250 g	crushed honey snap biscuits	250 g
1/2 cup	chopped pecans	125 ml
1/2 cup	coconut	125 ml
1 cup	chopped dried apricots	250 ml

Method:
Grease and line 18 x 28 cm dish. Place butter and honey in 2-litre dish. Cook on HIGH for 1 to 2 minutes. Add remaining ingredients. Stir until combined. Press evenly into prepared dish. Refrigerate and cut into squares when cool.

Lemon Coconut Meringue Slice MC

Makes: 1 x 19 x 28 cm pan

Ingredients:

90 g	butter	90 g
1/4 cup	caster sugar	60 ml
3/4 cups	plain flour	190 ml
1/3 cup	cornflour	85 ml
1 can (400 g)	condensed milk	1 can (400 g)
2	eggs, separated	2
2 teaspoons	grated lemon rind	10 ml
1/2 cup	lemon juice	125 ml
1/4 cup	caster sugar, extra	60 ml
1/2 cup	desiccated coconut	125 ml
1/2 cup	slivered almonds	125 ml

Method:
Grease and paper line a 19 x 28 cm lamington pan. Cream together butter and sugar. Gradually add sifted flours and knead lightly until combined. Spread over base of prepared pan. Combine condensed milk, egg yolks, lemon rind and juice in a bowl, cook on MED HIGH for 3 to 4 minutes, stirring twice. Spread over base. Beat egg whites in a small bowl until soft peaks form, gradually add extra sugar. Add desiccated coconut, spread over filling and sprinkle with slivered almonds. Cook on Combination 2 for 30 to 35 minutes.

Chocolate Fudge R

Makes: 1 x 20 cm square pan

Ingredients:

300 g	chocolate pieces	300 g
1 can (400 g)	condensed milk	1 can (400 g)
1 cup	chopped nuts	250 ml

Method:
Grease a 20 cm square dish. Place chocolate and condensed milk in a 2-litre jug and cook on HIGH for 2 minutes. Add nuts and place in prepared dish. Refrigerate and cut into square when cold.

Speedy Chocolate Bit Slice C R

Makes: 1 x 19 x 28 cm slice pan

Ingredients:

90 g	butter	90 g
1 cup	sweet biscuit crumbs	250 ml
1 1/2 cups	chocolate bits	375 ml
1 cup	shredded coconut	250 ml
1 cup	chopped nuts	250 ml
1 can (400 g)	sweetened condensed milk	1 can (400 g)

Method:
Grease and paper line a 20 cm square pan. Set aside. Place butter in a 2-cup jug and cook on MED HIGH for 1 minute. Place butter in the base of the prepared dish. Sprinkle with biscuit crumbs, chocolate bits, shredded coconut, and chopped nuts. Pour over condensed milk. Cook on Convection 180°C for 25 to 30 minutes.

Chocolate Fruit Slice with Lemon Icing C

Makes: 25 cm x 30 cm pan

Ingredients:

1 1/2 cups	self-raising flour	375 ml
3/4 cup	sugar	190 ml
1 1/2 teaspoon	mixed spice	7 ml
1 cup	mixed fruit	250 ml
1/2 cup	coconut	125 ml
1/4 cup	glace cherries	60 ml
1/2 cup	chocolate pieces	125 ml
2	eggs, lightly beaten	2
90 g	butter, melted	90 g
Icing:		
1 1/2 cup	icing sugar	375 ml
1 teaspoon	butter	5 ml
1 tablespoon	lemon juice	15 ml

Method:
Preheat oven to 180°C. Combine dry ingredients, stir in eggs and butter. Press into a greased 23 cm pan. Cook for 20 minutes or until cooked through. Let cool in pan. Spread with icing.
Refrigerate till set.
Icing:
Sift icing sugar into a small bowl. Stir in butter and lemon juice to make a paste.

HINT:
Cakes cooked by microwave will appear moist when removed from the microwave oven. Excess moisture will be absorbed on standing.

Peanut and Sultana Slice MC

Makes: 1 x 20 x 20 cm pan

Ingredients:

185 g	butter	185 g
1/2 cup	caster sugar	125 ml
1/2 cup	sultanas	125 ml
1 cup	raw unsalted peanuts	250 ml
1 cup	coconut	250 ml
1 can	plain flour	250 ml

Method:
Grease and paper line a 20 x 20 cm lamington pan. Melt butter on HIGH for 1 to 2 minutes. Stir in sugar, sultanas, peanuts and coconut, then shifted flour. Press mixture into base of pan and cook on Combination 4 for 20 to 25 minutes.

Chocolate Peanut Butter Cheesecake MC

Serves: 6 to 8

Ingredients:

Base:		
250 g	peanut cookies, finely crushed	250 g
125 g	butter	125 g
Filling:		
2 x 250 g	packets cream cheese, softened	2 x 250 g
1/2 cup	brown sugar	125 ml
1 cup	crunchy peanut butter	250 ml
2	eggs	2
1 teaspoon	vanilla essence	5 ml
1/2 cup	sour cream	125 ml
Topping:		
150 g	chocolate	150 g
1/4 cup	sour cream	60 ml

Method:
Melt butter in a 1-litre casserole dish on HIGH for 30 to 40 seconds. Add crushed biscuits and combine. Press biscuit mixture evenly over base and sides of a greased 20 cm spring form tin. Refrigerate until firm. Place filling ingredients into a mixing bowl, beat until mixture is combined. Pour mixture into chilled biscuit base. Place in oven, cook on Combination 4 for 25 to 30 minutes. Allow to cool and spread with topping.
Topping:
Melt chocolate in a 2 cup (500 ml) jug on MED HIGH for 1 to 2 minutes. Stir in sour cream. Spread over cheesecake.

Apricot Cheesecake C

Serves: 8 to 10

Ingredients:

250 g	plain biscuits	250 g
90 g	butter	90 g
1/4 cup	apricot jam	60 ml
250 g	ricotta cheese	250 g
1 cup	chopped dried apricots	250 ml
2	eggs	2
1/2 cup	caster sugar	125 ml
300 ml	cream	300 ml
2 tablespoons	flour	30 ml
1 teaspoon	vanilla essence	5 ml

Method:

Crush or process biscuits until fine. Melt butter in a bowl on MED HIGH for 30 to 60 seconds. Combine with biscuit crumbs and press onto the base of a 25 cm flan dish. Warm jam in a small bowl on MED HIGH for 30 seconds. Brush jam over biscuit base. Refrigerate while making filling.
Preheat oven to 160°C. Beat together the remaining ingredients until well combined and pour into the biscuit base. Cook on Convection 160°C for 45 to 50 minutes. Refrigerate until cold before slicing.

If desired, decorate with whipped cream, drained canned apricot halves and roughly chopped pecans.

Zesty Cheesecake

Serves: 6 to 8

Ingredients:

250 g	sweet biscuits, finely crushed	250 g
125 g	butter	125 g
Filling:		
250 g	cream cheese	250 g
400 g	sweetened condensed milk	400 g
3 teaspoons	lemon or lime rind	15 ml
1/3 cup	lemon or lime juice	85 ml
1 teaspoon	gelatin	5 ml
1 tablespoon	water	15 ml

Method:

Base:

Place butter in a 2-litre bowl and cook on HIGH for 1 minute, add biscuit crumbs. Press mixture evenly over base and sides of a lightly greased spring form tin. Refrigerate while preparing filling.

Filling:

Beat cream cheese in a small bowl with electric mixer until smooth, add condensed milk, rind and juice, beat until smooth. Place water in a 1 cup (250 ml) jug, sprinkle gelatin over water and cook on MED HIGH for 30 seconds, add and mix into lemon mixture. Pour into base and refrigerate until set. Garnish with strawberries and cream.

Honeycomb Cheesecake

Serves: 6 to 8

Ingredients:

250 g	packet honey snap biscuits, crushed	250 g
125 g	butter	125 g
3 teaspoons	gelatin	15 ml
1/4 cup	water	60 ml
375 g	cream cheese	375 g
1/2 cup	caster sugar	125 ml
1 teaspoon	vanilla essence	5 ml
300 ml	thickened cream	300 ml
3	chocolate coated honeycomb bars, crushed	3

Method:

Place butter in a 2-litre bowl and cook on HIGH for 1 minute. Add biscuit crumb, mix well. Press mixture into base and sides of a 22 cm spring form tin. Refrigerate while making filling. Place water in a small bowl, sprinkle with gelatin. Heat on MEDIUM for 30 to 40 seconds to dissolve, **DO NOT BOIL.** Place cream cheese into a mixing bowl, add sugar and vanilla essence. Beat until smooth with electric mixer. Beat cream in a small bowl until soft peaks form. Stir gelatin mixture into the cheese mixture, add cream and chocolate honeycomb bars. Pour into the crust, refrigerate until set.

Sticky Date Pudding

Serves: 6 to 8

Ingredients:

2 cups	dates, chopped and pitted	500 ml
1 teaspoons	bicarbonate of soda	5 ml
75 g	butter	75 g
3/4 cup	sugar	190 ml
2	eggs	2
1 1/2 cup	self-raising flour	375 ml
1/4 teaspoons	ground cloves	1 ml
1/4 teaspoons	mixed spice	1 ml

Method:

Preheat oven to 180°C. Grease and line a 23cm round deep cake tin. Place dates, with 1 3/4 cups water in a 2-litre dish. Cook on HIGH for 2-3 minutes, add soda and let stand for 5 minutes. Coarsely mash mixture, set aside.
Cream together butter, sugar and eggs. Fold in sifted flour and spices. Add to date mixture, mix well to combine. Pour into prepared pan. Bake in oven for 50-55 minutes, or until skewer comes out clean when inserted. Leave stand for 5 minutes before removing from the pan.

Sauce:

Caramel Sauce: Place 150 g of butter, 1 cup of brown sugar, 1/3 cup golden syrup and 3/4 cup of cream into a bowl. Mix well. Cook on MEDIUM HIGH for 2 minutes, or until thickened. Pour over pudding.

Christmas Pudding

Serves: 6 to 8

Ingredients:

500 g	mixed dried fruit	500 g
1/4 cup	brandy	60 ml
125 g	butter	125 g
125 g	brown sugar	125 g
2	eggs	2
1/2 cup	flour	125 ml
1 teaspoon	mixed spice	5 ml
2 teaspoons	golden syrup	10 ml
2 teaspoons	almond essence	10 ml
3/4 cup	fresh breadcrumbs	190 ml
1/2 cup	canned pie apples	125 ml

Method:
Place fruit in a large mixing bowl and pour over brandy. The fruit can be soaked overnight for added flavour. Cream butter and sugar in a large mixing bowl until light and fluffy. Add eggs one at a time beating gently after each addition. Add sifted flour and spices, golden syrup, almond essence, breadcrumbs and apples. Mix well. Add cake mixture to fruits and fold until well combined. Grease a 5-cup pudding bowl and line with 2 strips of greaseproof paper to form a cross in the base of the bowl. Pour mixture into the bowl and smooth over top. Cook on MEDIUM for 18 minutes. Shield edges with strips of foil secured with string, and continue to cook on MEDIUM for 18 minutes. Stand loosely covered for 10 minutes before serving.

Caramel Bread and Butter Pudding C

Serves: 4 to 6

Ingredients:

5	slices of buttered bread	5
1/2 cup	brown sugar	125 ml
1 large can	evaporated milk	1 large can
1 cup	water	250 ml
3	eggs	3
1/4 cup	sugar	60 ml
1 teaspoons	vanilla	5 ml
1/2 cup	sultanas cinnamon	125 ml

Method:
Cut crust off bread, cut into finger slices. Grease a 1.5 litre dish. Sprinkle brown sugar over base. Cover with bread, buttered side up.
Beat eggs, sugar and vanilla until fluffy. Add milk, sultanas and water, beat. Carefully pour mixture over bread. Sprinkle with cinnamon. Place dish in a baking tin with enough water to come half-way up sides of dish. Preheat oven to Convection180°C. Cook for 30-35 minutes. or until custard is set.

Strawberry Mousse

Serves: 4 to 6

Ingredients:

1/4 cup	water	60 ml
2 teaspoons	powdered gelatin	10 ml
100 g	white chocolate	100 g
1	punnet strawberries	1
2	egg yolks	2
180 ml	cream	180 ml

Method:
Place water in a small bowl, sprinkle with gelatin. Heat on MED HIGH for 1 minute to dissolve, do not boil. Break chocolate into small pieces and place into a small bowl, melt on MED HIGH for 1 to 1 1/2 minutes. Allow to cool slightly. Process strawberries or sieve to a puree.
Combine egg yolks with cream, add cooled chocolate and gelatin and fold lightly. Gently fold strawberries into mixture. Pour into individual ramekins or one large mould and refrigerate for 2 to 3 hours or until set.

Pineapple Slice R C

Serves: 8 to 10

Ingredients:

1 cup	self-raising flour	250 ml
3/4 cup	plain flour	190 ml
1/2 cup	caster sugar	125 ml
125 g	melted butter	125 g
Topping:		
900 ml	pineapple juice	300 ml
1 cup	caster sugar	250 ml
4 tablespoon	custard powder	60 ml
4 tablespoon	cornflour	60 ml

Method:
In a 3 litre bowl mix flours, sugar and melted butter. Press into the base of a 20cm square pan. Convection in a 150°C oven for 25 minutes or until golden brown.
Topping:
In a 3 litre jug whisk pineapple juice, sugar, custard powder and cornflour until smooth. Cook on HIGH for 4 minutes. Stir. Cook on HIGH for another 4minutes. Pour over base, refrigerate until set, cut into squares.

Baked Alaska Surprise C

Serves: 4 to 6

Ingredients:

10 to 12	sponge finger biscuits or 1 round trifle sponge	10 to 12
1	punnet strawberries, hulled and cut in half	1
1 tablespoon	caster sugar	15 ml
2 tablespoon	fruit liqueur	15 ml
4 cups	vanilla ice cream	1 litre
4	egg whites	4
3/4 cups	caster sugar, extra	190 ml
1/4 cup	chopped almonds (optional)	60 ml

Method:
Line the base of a 23 cm round flan dish with biscuits or sponge (the biscuits will overlap.) Place strawberries over base and sprinkle with sugar and liqueur. Place scoops of ice cream evenly over strawberries. Place in freezer.
Preheat oven to 250°C. Beat egg whites until stiff. Gradually add extra sugar beating all the time until sugar has dissolved and mixture is thick and glossy. Fold in almonds and spoon meringue mixture over ice cream. Cook on 250°C for 3 to 5 minutes. Serve immediately.

Baked Alaska Surprise

Lemon Delight C

Serves: 4 to 6

Ingredients:

3	eggs. separated	3
1/2 cup	caster sugar	125 ml
30 g	butter	30 g
1 cup	milk	250 ml
3 teaspoon	lemon rind	15 ml
1/2 cup	lemon juice	125 ml
1/2 cup	self-raising flour, sifted	125 ml
1/2 cup	caster sugar, extra	125 ml
2 tablespoon	icing sugar	30 ml

Method:
Beat egg yolks and sugar together until thick. Stir in remaining ingredients, except egg whites. Beat egg whites until stiff, add extra sugar and continue beating until white and glossy and sugar has dissolved. Fold into lemon mixture. Pour mixture into a greased 6 cup (1.5 litres) pudding dish.
Preheat oven to Convection 180°C. Cook for about 50 minutes. Dust top with icing sugar. Serve immediately.

Pavlova C

Serves: 8 to 10

Ingredients:

4	egg whites	4
	pinch of salt	
1 1/4 cups	caster sugar	290 ml
2 teaspoons	vinegar	10 ml
2 tablespoons	cornflour	30 ml
Topping:		
300 ml	cream	300 ml
1	punnet strawberries, hulled and cut in half	1
2	passionfruit	2

Method:
Preheat oven to 140°C. Grease and line a baking tray. Dust with one tablespoon cornflour. Beat egg whites and salt until stiff. Gradually add sugar and continue beating until white and glossy and sugar has dissolved. Fold vinegar and remaining cornflour into egg mixture. Pile mixture high on a baking tray. Cook on 140°C for 60 to 70 minutes. Allow to cool.

Filling:
Beat cream until thick. Spread cream over pavlova and decorate with strawberries and passionfruit.

Peach Crumble R MC

Serves: 4 to 6

Ingredients:

Pastry:		
70 g	butter	70 g
1/2 cup	flour	125 ml
1/4 cup	caster sugar	60 ml
1 cup	toasted muesli	250 ml
1/2 cup	chredded coconut	125 ml
1/2 teaspoon	cinnamon	2 ml
810 g	can peach slices	810 g

Method:
Place butter in 2-litre jug. Cook on HIGH for 1 minutes. Mix in flour, sugar, toasted muesli, coconut and cinnamon. Place peaches in the base of a 1-litre dish. Top with crumble mixture. Cook on Combination 4 for 15 to 20 minutes.

Apricot Rice Pudding MC

Serves: 6

Ingredients:

6 cups	cooked rice	1,5 litre
400 g	can condensed milk	400 g
1 cup	milk	250 ml
2	eggs, lightly beaten	2
1/2 cup	chopped dried apricots	125 ml
1/2 cup	chopped pecans	125 ml

Method:
Place rice in the base of a 2-litre pyrex dish. Combine the remaining ingredients in a jug and pour over the rice. Cook on Combination 2 for 30 to 40 minutes.

Ginger Snap Cookies

Makes: Approximately 20 to 30

Ingredients:

90 g	butter	90 g
1/3 cup	brown sugar	85 ml
1/3 cup	golden syrup	85 ml
1 1/3 cup	plain flour	335 ml
3/4 cup	bicarbonate of soda	190 ml
1 teaspoon	ground cinnamon	5 ml
1 tablespoon	ground ginger	15 ml
1/4 teaspoon	ground cloves	1 ml

Method:
Place butter, sugar and golden syrup in a bowl, and cook on HIGH for 2 to 3 minutes, or until butter has melted. Stir in remaining ingredients. Place tablespoons of mixture onto greased baking trays. Preheat oven to convection 180°C. Cook for 12 minutes or until golden brown.

Apple and Peach Pie C

Serves: 6 to 8

Ingredients:

Pastry:		
185 g	butter	185 g
1/2 cup	caster sugar	125 ml
1 tablespoon	lemon juice	15 ml
1	egg	1
1 1/2 cups	plain flour	375 ml
1 cup	self-raising flour	250 ml
Filling:		
1 cans (440 g)	pie apples	1 cans (440 g)
1/4 cup	caster sugar	60 ml
1 teaspoon	cinnamon	5 ml

Method:
Using electric beaters or a food processor, process all pastry ingredients except flour until smooth and creamy. Add flours and process until combined. Press 2/3 of prepared pastry into the base of a 23 cm pie plate. Add combined filling ingredients to pie base. Roll remaining pastry between two sheets of greaseproof paper to fit pie. Place on pie and press edges together. Cook on 180°C for 40 to 50 minutes. Preheating is not required.

Variation:
Make into individual pies. Prepare as above but cook for approximately 25 to 30 minutes.

Coffee Liqueur

Makes: 3 cups (750 ml)

Ingredients:

1 1/2 cups	hot tap water	290 ml
2 cups	sugar	500 ml
1/3 cup	instant coffee	85 ml
2 cups	vodka	500 ml
3 teaspoons	vanilla essence	15 ml

Method:
Pour water into a 4-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining ingredients except vodka and stir well. Cook on MEDIUM for 30 to 35 minutes. Cool slightly and mix in vodka. Pour into an airtight container and stand for 4 days before serving. Serve in liqueur glasses.

Strawberry Liqueur

Makes: 3 cups (750 ml)

Ingredients:

500 g	sugar	500 g
600 ml	brandy or whisky	600 ml
500 g	washed and hulled strawberries	500 g

Method:
Place sugar and strawberries in a 4-litre dish. Stir well. Cook on HIGH for 20 minutes. Stir halfway through cooking. Stir in brandy or whisky. Pour into an airtight container. Store refrigerated. Serve in liqueur glasses or as a tall drink with ice cubes and soda water.

Fruit Mince

Makes: 2 cups (500 ml)

Ingredients:

250 g	mixed dried fruit	250 g
1 can (440 g)	crushed pineapple and juice	1 can (440 g)
1	cooking apple (peeled, cored and grated)	1
1 cup	brown sugar	250 ml
1 tablespoon	brandy	15 ml
1 teaspoon	nutmeg	5 ml
1 teaspoon	cinnamon	5 ml
1 tablespoon	cornflour	15 ml
1/4 cup	water	60 ml

Method:
Combine all ingredients except cornflour and water in a 2-litre casserole dish. Cook on MED LOW for 3 to 5 minutes. Blend cornflour with water and stir into fruit mixture. Cook on HIGH for 4 to 6 minutes. Stir. Cool, bottle and seal, or use immediately.

Caramel Sauce R

Makes: 2 cup (500 ml)

Ingredients:

1 can (400 g)	condensed milk	1 can (400 g)
1/4 cup	brown sugar	60 ml
2 tablespoons	golden syrup	30 ml
300 ml	cream	300 ml

Method:
Combine all ingredients except cream in a 2-litre jug. Mix well. Cook on HIGH for 3 to 4 minutes, stirring halfway through cooking. Mix cream. Serve over ice cream or with the pudding of your choice.

Rich Chocolate Sauce R

Makes: 1 cup (250 ml)

Ingredients:

200 g	chocolate pieces	200 g
300 ml	cream	300 ml

Method:
Place chocolate and cream in a 1 litre pyrex jug, melt on HIGH for 2 to 3 minutes. Mix well and serve hot over ice cream.

Sweet Berry Sauce R

Makes: approximately 2 cups

Ingredients:

1/2 cup	caster sugar	125 ml
1/2 cup	water	125 ml
500 g	berries, chopped	500 g
2 tablespoons	water	30 ml
1 tablespoon	cornflour	15 ml

Method:
Combine sugar and water in a 3-litre casserole bowl. Cook on HIGH for 2 to 3 minutes. Add berries and cook on HIGH for 3 to 4 minutes. Blend water and cornflour. Mix into berry sauce. Cook on HIGH for 2 minutes. Serve hot or cold with ice cream.

HINT:
Chocolate retains its shape when melted, so stir during cooking time. Melt 100 g chocolate on MED HIGH for 1 to 2 minutes.

Mushroom Sauce

Makes: 1 1/2 cups (375 ml)

Ingredients:

3 tablespoons	margarine or butter	45 ml
2 tablespoons	flour	30 ml
1 teaspoon	soy sauce	5 ml
3/4 cups	cream	190 ml
	salt and pepper taste	
1/2 teaspoon	curry powder	2 ml
1 can (190 g)	drained champignons (mushrooms), sliced	1 can (190 g)

Method:
Place butter or margarine in a 4-cup (1 litre) glass jug. Cook on HIGH for 40 seconds. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on HIGH for 2 to 3 minutes, stirring every 1 minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on HIGH for 30 to 60 seconds.

Creamy Bacon Sauce R

Makes: Approximately 300 ml

Ingredients:

1	onion, chopped	1
3	bacon rashers, chopped	3
1 teaspoon	minced garlic	5 ml
300 ml	cream	300 ml
1/4 cup	parmesan cheese	60 ml
	pepper	
2 tablespoons	chopped fresh parsley	30 ml

Method:
Place onion, bacon and garlic in a 2-litre jug and cook on HIGH for 4 to 5 minutes. Add cream, parmesan cheese pepper and parsley and mix well. Cook on HIGH for 3 to 4 minutes.

Cheese Sauce R

Makes: 1 1/2 cups (375 ml)

Ingredients:

40 g	butter	40 g
2 tablespoons	flour	30 ml
1 cup	milk	250 ml
1/2 cup	grated cheese	125 ml

Method:
Melt butter in a 1-litre jug on HIGH for 50 seconds. Add flour and mix well. Gradually stir in milk. Cook on HIGH for 2 to 3 minutes. Add cheese and cook on HIGH for a further 1 to 2 minutes. Stir and serve with vegetables of your choice.

HINT:
It is best to cook meat for the lesser time in a recipe and add extra time if needed. This will prevent over cooking.

Mint Sauce

Makes: Approximately 1/3 cup (85 ml)

Ingredients:

1 tablespoons	water	15 ml
1 tablespoons	sugar	15 ml
2 tablespoons	brown vinegar	30 ml
2 tablespoons	mint, finely chopped	30 ml

Method:
Combine all ingredients in a 1-cup (250 ml) jug. Cook on HIGH for 30 to 60 seconds. Stir well and serve with Roast Lamb.

Hollandaise Sauce

Makes: 3/4 cups (190 ml)

Ingredients:

60 g	butter	60 g
2 tablespoons	lemon juice	30 ml
2	egg yolks	2
1/4 cup	cream	60 ml
1/2 teaspoon	mustard	2 ml
1/4 teaspoon	salt	1 ml

Method:
Place butter in a 2-cup (200 ml) jug, cook on HIGH for 40 seconds. Add lemon juice, egg yolks and cream, mix well. Cook on MEDIUM for 60 to 90 seconds. Add mustard and salt, mix until smooth. Serve with eggs, vegetables or fish dishes.

Spaghetti Meat Sauce R

Serves: 4 to 6

Ingredients:

500 g	minced beef	500 g
1	onion, chopped	1
1 teaspoon	minced garlic	5 ml
1 can (425 g)	tomatoes	1 can (425 g)
1 cup	tomato paste	250 ml
2	beef stock cubes	2
1 tablespoon	dried mixed herbs	15 ml
1 tablespoon	worcestershire sauce	15 ml
	pepper	

Method:
Combine all ingredients in a 3-litre casserole dish. Cook on HIGH for 8 to 9 minutes, stir. Cook on MED HIGH for 14 to 18 minutes. Stirring halfway through cooking. Serve with spaghetti.

HINT:
Potatoes in their jackets may be wrapped in foil after cooking as they will retain their heat for at least 15 minutes.

Strawberry Jam

Makes: Approximately 600 ml

Ingredients:

1 kg	strawberries, washed and hulled	1 kg
1 kg	caster sugar	
	pectin, if required	

Method:
Place strawberries in a 4-litre casserole dish. Cover and cook on HIGH for 5 minutes. Stir in sugar and pectin if required. Cook on MED HIGH for 25 to 30 minutes, stirring every 10 minutes. Cool and bottle in sterilised jars. Seal.

Sweet Apricot Jam

Makes: 3 cups (750 ml)

Ingredients:

750 g	dried apricots, cut in quarters	750 g
1800 ml	water	1800 ml
1.3 kg	sugar	1,3 kg
2 tablespoons	pectin	30 ml

Method:
Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on HIGH for 25 to 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on HIGH for a further 25 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

Rhubarb and Berry Jam

Makes: 1½ cups (375 ml)

Ingredients:

2 cups	chopped rhubarb	500 ml
1½ cups	berries, fresh or frozen	375 ml
2 tablespoons	orange juice	30 ml
1 cup	caster sugar	250 ml

Method:
Combine rhubarb, berries and orange juice in a 3-litre casserole dish. Cook on HIGH for 8 to 10 minutes, stirring twice during cooking. Add sugar, stir until dissolved, cook on HIGH for a further 10 to 15 minutes, stirring every 5 minutes. Pour into sterilised jars, seal when cold.

HINT:
When making some sauces in the microwave oven, less liquid may be needed as less evaporation occurs with a shorter cooking time.

Jam

Orange Marmalade

Makes: 3 cups (750 ml)

Ingredients:

3	oranges (approx. 650 g)	3
1	lemon	1
	water	
3 cups	sugar	750 ml

Method:
Wash fruit. Cut oranges and lemon in half and squeeze juice. Pour juice into a 2-litre jug and add enough water to make 3 cups of liquid. Cut rind into very fine strips removing any large amounts of pith and add to liquid. Soak for 12 to 24 hours. Cook on HIGH for 20 minutes. Add sugar, stir until dissolved and cook on HIGH for 10 minutes and then MEDIUM for a further 10 to 15 minutes or until setting point is reached. Cool slightly and bottle in sterilized jars. Seal.

Rhubarb and Apple Conserve

Makes: 2 cups (500 ml)

Ingredients:

350 g	rhubarb, chopped	350 g
3	medium sized apples, grated	3
2 tablespoons	water	30 ml
1 cup	caster sugar	250 ml
2 tablespoons	lemon juice	30 ml

Method:
Place rhubarb, apple and water in a 3-litre casserole dish, cover and cook on HIGH for 6 to 8 minutes, stirring once during cooking. Stir in sugar and lemon juice and cook uncovered on HIGH for 15 minutes stirring after every 5 minutes. Pour into hot sterilised jars, when cool, seal.

Peach Butter

Makes: 2 cups (500 ml)

Ingredients:

1 can (425 g)	peaches, drained	1 can (425 g)
1 teaspoon	grated lemon rind	5 ml
1/4 cup	lemon juice	60 ml
90 g	butter	90 g
3	eggs	3
3/4 cups	caster sugar	190 ml

Method:
In a blender or food processor, place peaches, lemon rid and juice process until smooth. Place eggs in a 3-litre casserole dish whisk (with an egg whisk) until well combined, add remaining ingredients, cook on HIGH for 6 to 8 minutes, until mixture has thickened. Whisk twice during cooking. Pour into jars, cool then seal. Store in the refrigerator.

Lemon Butter

Makes: 1 cup (250 ml)

Ingredients:

1/2 cup	grated rind and juice of 3 lemons	125 ml
1/3 cup	sugar	85 ml
3	egg yolks	
1 tablespoon	butter	15 ml
1 tablespoon	cornflour	15 ml

Method:
Blend all ingredients in a 4-cup (1 litre) glass jug. Cook on MEDIUM for 4 to 5 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

Passionfruit Butter

Makes: 1 1/2 cups (375 ml)

Ingredients:

3	eggs	3
1/2 cup	caster sugar	125 ml
6	passionfruit, pulp removed	1,5 litre
90 g	butter	90 g

Method:
Beat eggs and sugar together in a 1 litre jug until combined. Stir in passionfruit pulp and butter. Cook on MED HIGH for 4 minutes, stirring after every minute. Pour into hot sterilised jars, when cool, seal.

Mango Chutney

Makes: 2 cups (500 ml)

Ingredients:

450 g	fresh mango, peeled and sliced	450 g
250 g	cooking apples, peeled, cored and sliced	250 g
2 tablespoons	salt	30 ml
2	onions, finely sliced	2
300 g	brown sugar	300 g
150 ml	malt vinegar	150 ml
1 teaspoon	ground ginger	5 ml
1 teaspoon	chilli powder	5 ml

Method:
Place mango and apple in a bowl and sprinkle with salt. Stand overnight. Rinse and drain fruit. Place fruit in a 4-litre casserole dish, add onion. Cover and cook on HIGH for 6 minutes, stirring halfway through cooking. Add sugar, vinegar and spices, mix well. Cover and cook on HIGH for 15 minutes. Pour into sterilised jars and seal.

Tomato Chutney

Makes: 3 cups (750 ml)

Ingredients:

250 g	onion, finely chopped	250 g
1.5 kg	ripe tomatoes, skins removed and tomatoes chopped	1,5 kg
1 teaspoon	salt	5 ml
1 teaspoon	paprika pinch cayenne pepper	5 ml
150 ml	malt vinegar	150 ml
175 g	sugar	175 g

Method:
Place onions in a 3-litre dish. Cover and cook on HIGH for 4 to 5 minutes. Add tomatoes and cover and cook on HIGH for 5 to 6 minutes. Add salt, spices and vinegar. Stir well and cook on HIGH for 10 minutes, stirring halfway through cooking. Add sugar, stir well and cook on HIGH for 35 to 40 minutes, stirring occasionally. Pour into sterilised jars and seal.

HINT:
To plump dried fruit: Add 1 tablespoon of alcohol and a cup of water or fruit juice. Cook on MEDIUM for 10 to 15 minutes, stand until cool.

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Tomato Vegetable Casserole ..73
Tomatoes, Stuffed 70
Tortellini, Cheesy Vegetable ...75
Truffles, Chocolate and Coffee .80
Turkey, Roast 66

Veal and Pineapple Casserole 56
Veal Paprika 56
Vegetable Bake 43
Vegetable Casserole 70
Vegetable Curry 71
Vegetable Soup 36
Vegetables, and Soy Chicken ..63
Vegetable, Tomato Casserole ..73
Vegetables, Oriental 70

Walnut, and Date Fudge 80
Wedges, Potato 73
White, Basic Sauce 35
Whole Stuffed Fish 48

Yorkshire Pudding 53

Zesty Cheesecake 86
Zucchini Slice 43

Technical Specifications

Power Source	230 - 240 V , 50 Hz	220 V , 50 Hz
Power Consumption:		
Microwave	6.0 Amps, 1,400 W	6.6 Amps, 1,400 W
Heater	6.6 Amps, 1,580 W	7.2 Amps, 1,580 W
Output:		
Microwave	850W*	850W*
Heater	Approx. 1,515 W	Approx. 1,515 W
Outside Dimension	306 mm (H) x 555 mm (W) x 439 mm (D)	
Oven Cavity Dimensions:	201 mm (H) x 375 mm (W) x 386 mm (D)	
Trim Kit:	NN-TK800 / NN-TK850	
Trim Kit Cabinet Opening Specification:	389 mm (H) x 632 mm (W) x Min. 533 mm (D)	
Uncrated Weight	Approx.23 kg	

*IEC 705-88 Test procedure

Specifications subject to change without notice.

As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.